Promise

Count: 64	Wand: 4	Ebene: Beginner

Choreograf/in: Dione Keith Zacarias (USA) - February 2013

Musik: Promise (feat. Usher) - Romeo Santos : (CD: Formula Vol. 1)

Intro: 64 counts from vocals

Sec 1-8 : BACHATA BASIC
1-4	Step R to side, step L together, step R to side, touch ball of L to side
5-8	Step L to side, step R together, step L to side, touch ball of R to side

Sec 9-16: BACHATA ROLLS
1-2	Step R to side & turn 1/4 right, step L forward & turn 1/2 right
3-4	Step R forward & turn 1/4 right, touch ball of L to side
5-6	Step L to side & turn 1/4 left, step R forward & turn 1/2 left
7-8	Step L forward & turn 1/4 left, touch ball of R to side

Sec 17-24: HIP GRINDS
1-4	Rock R to side, recover to L, rock R to side, touch L heel slightly forward
5-8	Rock L to side, recover to R, rock L to side, touch R heel slightly forward

Sec 25-32: DIAGONAL STEPS
1-2	Step R diagonally forward (body turned slightly to left), lock L behind R
3&4	Shuffle R, L, R diagonally forward
5-6	Step L diagonally forward (body turned slightly to right), lock R behind L
7&8	Shuffle L, R, L diagonally forward

Sec 33-48: SIDE AND SIDE WITH FLICKS
1-4	Square up & step R to side, step L together, step R to side, touch L together
5-8	Touch L to side, flick L over R knee, touch L to side, flick L behind R
9-12	Step L to side, step R together, step L to side, touch R together
13-16	Touch R to side, flick R over L knee, touch R to side, flick R behind L

Sec 49-56: DIAGONAL STEPS
1-2	Step R diagonally back (body turned slightly to right), lock L over R
3&4	Shuffle R, L, R diagonally back
5-6	Step L diagonally back (body turned slightly to left), lock R over L
7&8	Shuffle L, R, L diagonally back

Sec 57-64: BACHATA BASIC
1-4	Square up & step R to side, step L together, step R to side, touch ball of L to side
5-8	Step L to side, step R together, step L to side, touch ball of R to side
&	Turn 1/4 right (weight to L)

REPEAT

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