

# A' Vow & A Promise To You

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver - Cha Cha

Choreograf/in: Peter Davenport (ES) - June 2013

Musik: This I Promise You - Lisa McHugh : (Album: Dreams Come To Life)



**16 Count Intro, Start on the words "My Love" aprox 11 seconds. Track Length 4.03**  
**This dance is dedicated to my Best Friend**

## **Step R.L, Spiral Full Turn, Forward Shuffle, Rock Replace, Shuffle Back**

1,2,3 Step forward on R, Cross Lover R, Spiral full turn R, (weight on L) 12

**(for styling purpose try to extenuate the spiral making it flow through)**

4&5 Shuffle forward R.L.R (cha cha style) 12

6,7 Rock forward on L, Recover on R 12

8&1 Shuffle back L.R.L (cha cha style) 12

## **Back Together, Rock & Cross, Side Behind, Shuffle ¼ L**

2,3 Step back on R, Bring L to R 12

4&5 Rock R out to R side, Recover on L, Cross R over L 12

6,7 Step L to L side, Cross R behind L 12

8&1 Shuffle ¼ L (cha cha style) 9

## **Step ½ Turn L, Shuffle ½ L, Step ¼ L, Cross, Rock & Cross**

2,3 Step forward on R, Pivot ½ L (weight on L) 3

4&5 Shuffle round ½ L, R.L.R (weights back on R) 3

6,7 Make ¼ L step L out to L side, Cross R over L 6

8&1 Rock L out to L side, Recover on R, Cross L over R 6

## **Side Together, Chasse R, Rock Replace, ¼ Turn Step**

2,3 Step R to R side, Bring L to R 6

4&5 Chasse R (cha cha style) 6

6,7 Cross rock L over R, Recover on R 6

8 Make ¼ L stepping on L 3

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