

# No Promises

Count: 40

Wall: 4

Level: Intermediate

Choreographer: Shaz Walton (UK)

Music: No Promises - Shayne Ward



## STEP, STEP ½ PIVOT, STEP, STEP ½ PIVOT, STEP, ROCK ¼ TURN, CROSS, SIDE, BEHIND, SIDE

- 1-2&3 Step forward on right, step forward left, pivot ½ turn right, step forward left  
4&5 Step forward on right, pivot ½ turn left, step forward right  
6& Make ¼ turn right as you rock left to left side, recover on right  
7& Cross step left over right, step right to right side  
8& Cross step left behind right, step right to right side

## CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, PRISSY WALKS TWICE, MAMBO STEP, ½ TURN RIGHT

- 1-2& Cross rock left over right, recover on right, step left beside right  
3-4& Cross rock right over left, recover on left, step right beside left  
5-6 Cross walk left over right, cross walk right over left (prissy walks)  
7&8 Rock forward left, recover on right, step back on left  
& Make ½ turn right, stepping right forward

## SPIRAL FULL TURN, STEP, TOGETHER, STEP, MAMBO SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, STEP

- 1 Step forward left as you make a full spiral turn right, finish with right foot hooked  
2&3 Step right small step forward step left beside right, step right small step forward  
4&5 Rock forward left, recover on right, sweep left out & behind right  
6&7-8 Cross step left behind right, step right to right side, cross rock left over right, recover on right

## STEP, CROSS, UNWIND ¾ WITH SWEEP, BEHIND SIDE CROSS, STEP, SWAY, SWAY, EXTENDED CROSS SHUFFLE

- &1-2 Step left to left side, cross step right over left, unwind ¾ turn left sweeping left  
3&4 Cross step left behind, step right to right side, cross step left over right  
5-6 Step right to right as you sway right, sway left  
7&8& Cross step right over left, step left to left, cross step right over left, step left to left, right

## DIAMOND SEQUENCE:

### CROSS, BACK, TURN, FORWARD, CROSS, TURN, BACK, FORWARD, CROSS, TURN, TURN, COASTER STEP

- 1-2&3 Cross step right over left, step back on left, step right 1/8 turn right, step left forward, (right diagonal front)  
4&5 Cross step right over left, step back left making ¼ turn right, step right to right side, (left diagonal back)  
6&7 Step forward left, cross step right over left, make ¼ right stepping back left, (right diagonal back)  
8&1 Make 1/8 right (9:00) step back right, step back left, step forward right, (this being the first step of your new wall)

## REPEAT

## RESTART

During second repetition, dance to count 32. Change extended cross shuffle for the following:

### CROSS, STEP, CROSS, STEP, CROSS, HOLD, STEP

- 1&2& Cross step right over left, step left to left side, cross step right over left, step left to left side

3&4& Cross step right over left, step left to left side, cross step right over left, hold, step left beside right

**Start the dance again from the beginning**

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