

# This I Promise You

**COPPER** KNOB  
BY STEPSHEETS

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Sally Atkinson (UK)

**Music:** This I Promise You - \*NSYNC



1&2 Cross rock step right in front of left, recover onto left, step right to right side  
3&4 Step left rock behind right, recover onto right, step left next to right  
5&6 Step right rock behind left, recover onto left, step right next to left  
7&8 Cross rock step left in front of right, recover on to right, step left to left side

1 Rock forward onto right  
2 Recover onto left  
3&4 Triple ½ turn right stepping right, left, right  
5 Rock forward onto left  
6 Recover onto right  
7&8 Triple ½ turn left stepping left, right, left

1 Rock right to right side  
2 Recover onto left  
3&4 Step right behind left, step left to left side, step right in front of left  
5 Rock left to left side  
6 Recover onto right  
7&8 Step left behind right, step right to right side, step left in front of right

1&2 Step forward on right, step forward on left, step back on right  
3&4 Step back on left, step back on right, step forward on left  
5&6 Triple ½ turn stepping right, left, right  
7&8 Step back on left, step back on right, step forward on left

**REPEAT**

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