

# This I Promise You

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Nicola Glenc (UK)

Music: This I Promise You - \*NSYNC



---

## ROCK, RECOVER, BACK SHUFFLE, ROCK, RECOVER, FORWARD SHUFFLE

- 1-2 Rock forward on right, recover weight on left foot
- 3&4 Step back on right, close left to right, step back on right
- 5-6 Rock back on left, recover weight on right foot
- 7&8 Step forward on left, close right beside left, step forward on left

## ROCK, REPLACE, CROSS TWICE, SIDE, BEHIND, CHASSE ¼ RIGHT,

- 9&10 Rock right to right side, replace weight on left, cross right over left
- 11&12 Rock left to left side, replace weight on right, cross left over right
- 13-14 Step right foot to right side, cross left behind right
- 15&16 Step right to right side, close left beside right, step right ¼ turn right

## STEP, PIVOT, TRIPLE TURN, WALK FORWARD; RIGHT, LEFT, RIGHT SHUFFLE,

- 17-18 Step forward on left, pivot ½ turn right
- 19 Step to forward on left foot turning ¼ right
- & Step back on right foot turning ½ right
- 20 Step forward on left foot turning ¼ turn right
- 21-22 Walk forward; right foot, walk forward left foot
- 23&24 Step forward on right, close left beside right, step forward on right

**If you don't like doing the triple turn, steps 19&20 can be replaced by doing a shuffle forward on the left foot!**

## CROSS, STEP BACK, CHASSE ¼ LEFT, STEP, TURN ¼, CROSS, SIDE-TOGETHER-FORWARD

- 25-26 Cross left foot over right, step right foot to right side
- 27&28 Step left to left side, close right beside left, step left ¼ turn left
- 29&30 Step right foot forward, pivot ¼ turn left, cross right over left
- 31&32 Step left foot to left side, close right beside left, step left foot forward

**REPEAT**

---