

# This I Promise You

**COPPER** KNOB  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Andy Skidmore (UK) - October 2007

**Music:** This I Promise You - Ronan Keating



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## **Rock Recover, Back lock back, Back rock recover, Side rock cross**

- 1-2 Rock fwd on left, recover back on right,
- 3&4 Step back on left, lock right across left, step back on left,
- 5-6 Rock back on right, recover on left
- 7&8 Right Side rock recover left, cross right over left.

## **Quarter, Quarter, Cross recover, Side chasse, Back & side.**

- 1-2 Step back on left make  $\frac{1}{4}$  right, further  $\frac{1}{4}$  stepping right to right
- 3-4 Rock left over right. recover on right,
- 5&6 Step left to left side, close right along side, step left to left side
- 7&8 Rock back on right, recover onto left, step right to right side

## **Left behind unwind 3/4, Right shuffle, Rock step, Coaster cross.**

- 1-2 Cross left behind right, unwind  $\frac{3}{4}$  turn, step
- 3&4 Forward on right, step left along side, step fwd on right
- 5-6 Rock forward on left, recover on right,
- 7&8 Step back on left, right alongside left, cross left over right.

## **Side touch left, Full turn left. Cross recover, Chasse right**

- 1 -2 Step right to right, touch left along side,
- 3&4 Full turn left, making  $\frac{1}{4}$   $\frac{1}{4}$   $\frac{1}{2}$ ,
- 5-6 Cross rock right over left
- 7&8 Step right to right, close left alongside, step right to side

**START DANCE AGAIN - WITH A SMILE**

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