

# I Promise You (updt 5-2)

**COPPER** KNOB  
BY STEPHEN BENTTS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Craig Bennett (UK) - March 2009

Music: This I Promise You - Ronan Keating : (Album: Bring You Home)



## Side Behind Sweep, Behind Side Forward, Rock Recover $\frac{1}{4}$ , $\frac{1}{2}$ $\frac{1}{2}$ Cross

- 1,2,3 Step right to right side, step left behind right, sweep right around and behind left  
4&5 Step right behind left, step left to left side, step forward onto right  
6&7 Rock forward onto left, Recover onto right, Make  $\frac{1}{4}$  turn left stepping left to left side  
8&1  $\frac{1}{2}$  turn left stepping right to right side,  $\frac{1}{2}$  turn left stepping left to left side, cross right over left

## Back, Side, Forward, Rock Recover $\frac{1}{4}$ , $\frac{1}{2}$ Cross and Cross

- 2-3,4 Step back onto left, Step right to right side, step forward onto left  
5&6 Rock forward onto right, Recover back onto left, Make a  $\frac{1}{4}$  turn right stepping right to right side  
7&8& Make  $\frac{1}{2}$  turn right stepping left to left side, cross right over left, step left to side, cross right over left

## Lunge left, Cross Unwind full turn Step, Rock Recover Side (basic), Coaster Step

- 1-2 Rock left to left side, (lunge) Recover onto right  
3&4 Cross left over right, unwind a full turn right, step left to left side  
5&6 Rock back onto right, Recover onto left, Step right to right side  
7&8 Step back onto left, Step right beside left, Step forward onto left

## Step, $\frac{1}{4}$ with Point, Press, Recover/Sweep $\frac{1}{2}$ Turn, Modified Sailor Step, Rock Recover, Step Side, Together

- 1-2 Step forward onto right, Make  $\frac{1}{4}$  turn right pointing left to left side  
3-4 Press forward left, recover onto right sweeping left around behind right making  $\frac{1}{2}$  turn left  
5&6 Step back onto left, Step right to right, Step left to left side (large step)  
7&8& Rock back onto right, Recover onto left, Step right to right side, Step left next to right

**START AGAIN AND ENJOY!**

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