

Promises, Promises

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Dougie D (UK) - June 2009

Music: Promises - Take That



48 Count intro, 112 b.p.m.

Right sailor step, left sailor heel with 1/4 turn left, lock steps.

- 1&2 cross right behind left, step left beside right, step right in place,
3&4& cross left behind right, step right beside left, dig left heel fwd with 1/4 turn left, step left beside right,
5-6 step fwd on right, tap left behind right,
7&8 step fwd on right, lock left behind right, step fwd on right,

Rock and coaster step, cross right over left, step back on left, chasse 1/4 right.

- 1-2 rock fwd on left, recover on right,
3&4 step back on left, step right beside left, step fwd on left
5-6 cross right over left, step back on left,
7&8 chasse 1/4 turn right, stepping right, left, right,

Step fwd on left, step right beside left with 1/4 turn left, sailor step, cross right over left, step left beside right with 1/4 turn right, sailor step.

- 1-2 step fwd on left, step right beside left with 1/4 turn left,
3&4 cross left behind right, step right beside left, step left in place,
5-6 cross right over left, step left beside right with 1/4 turn right
7&8 cross right behind left, step left beside right, step right in place,

Lock step to the right, rock out to right side, cross chasse left.

- 1-2 cross left over right, lock right beside left, (still facing front),
3&4 step left to right side, lock right beside left, step left to right side, (still facing front),
5-6 rock out to right side on right, recover on left,
7&8 cross chasse left, stepping right, left, right,

Behind side cross, behind side cross with 1/4 turn right.

- 1-2 rock out to left side, recover on right,
3&4 cross left behind right, step right beside left, cross left over right,
5-6 rock out to right side, recover on left,
7&8 cross right over left, step left beside right with 1/4 turn right, cross right over left

Shuffle back, back rock, shuffle fwd, step and tap.

- 1&2 shuffle back , stepping left, right, left,
3-4 rock back on right recover on left,
5&6 shuffle fwd, stepping, right, left, right,
7-8 step fwd on left, tap right beside left,

Rock to right side, cross rock, rock to right side, cross chasse left.

- 1-2 rock out to right side, recover on left,
3-4 cross rock right over left, recover on left,
5-6 rock out to right side, recover on left,
7&8 cross chasse to left, stepping, right, left, right,

Rock to left side, recover on right with 1/4 turn right, walk fwd, left, right, left, walk fwd on right with 1/4 turn left, kick ball change.

1-2 rock out to left side, recover on right with 1/4 turn right,
3-4 walk fwd left, right,
5-6 walk fwd on left with 1/4 turn left and point right toe to right side
7-8 rock fwd on right, recover on left.
