

# Promises Promises

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Gary Lafferty (UK) - September 2016

**Musique:** "Promises" by Katy Hurt - 154 bpm



## #16-count intro

### TOE-STRUT, TOE-STRUT, KICK, KICK, BACK, TOUCH

- 1-4 Touch Right toe forward, lower Right heel to floor, touch Left toe forward, lower Left heel to floor
- 5-8 Kick Right foot forward, kick Right foot forward again, step back on Right foot, touch Left foot beside Right

### LEFT LOCK-STEP FORWARD, BRUSH; RIGHT LOCK-STEP FORWARD, HOLD

- 1-4 Step forward on Left foot, lock-step Right foot behind Left, step forward on Left foot, brush Right foot forward
- 5-8 Step forward on Right foot, lock-step Left foot behind Right, step forward on Right foot, HOLD

### LEFT ROCKING CHAIR; STEP FORWARD, ¼ PIVOT, CROSS, HOLD

- 1-4 Rock forward on Left foot, recover weight back onto Right foot, rock back on Left foot, recover weight onto Right
- 5-8 Step forward on Left foot, pivot ¼ turn to Right, cross-step Left foot over Right, hold

### RIGHT TOE-STRUT, CROSSING LEFT TOE-STRUT; POINT, ½ TURN, POINT TOGETHER

- 1-4 Touch Right toe out to Right side, lower Right heel to floor, cross-touch Left foot over Right, lower Left heel to floor
- 5-6 Point Right foot out to Right side, turn ½ Right stepping down onto Right foot
- 7-8 Point Left foot out to Left side, step on Left foot beside Right

## START AGAIN

**Important Note – the music is available FREE from the artists website ([www.katyhurt.com](http://www.katyhurt.com)) or from Gary via email : [gary@garylafferty.co.uk](mailto:gary@garylafferty.co.uk) ... it is also available to listen via SoundCloud : <http://bit.do/PromisesPromises>**

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