

# One Promise

Compte: 0

Mur: 2

Niveau: Intermediate

Chorégraphe: Rebecca Day

Musique: Forever and Ever, Amen - Randy Travis



Sequence: AAAA, B, A until the end. Other music may eliminate section B, depending on the music pattern.

## SECTION A

### EXTENDED VINES

1-2 Step right to right side, step left behind right  
3-4 Step right to right side, step left in front of right  
5-6 Step right to right side, step left behind right  
7-8 Step right to right side, scuff left together

1-2 Step left to left side, step right behind left  
3-4 Step left to left side, step right in front of left  
5-6 Step left to left side, step right behind left  
7-8 Step left to left side, scuff right beside left

### ROCKS

1-2 Rock forward on right, rock back on left  
3-4 Rock forward on right, scuff left beside right

1-2 Rock forward on left, rock back on right  
3-4 Rock forward on left, scuff right beside left

### WALK-SCUFFS

1-2 Step forward on right, scuff left beside right  
3-4 Step forward on left, scuff right beside left

1-2 Step back on right, step back on left  
3-4 Step back on right, stomp left beside right

### HEEL SPLITS & REVERSE HEEL SPLITS

1-4 Twist heels apart, twist heels together, twist heels apart, twist heels together  
5-8 Twist toes apart, twist toes together, twist toes apart, twist toes together

### SIDE STEPS

1-2 Step right to right side, touch left together  
3-4 Step left to left side turning  $\frac{1}{4}$  turn left, touch right together

### BACK AND SCOOT

1-2 Step back on right, step back on left  
3-4 Step forward on right, scoot forward on right

### BRONCOS & OUTBACKS

1-2 Touch left toe to left side, bring left knee up in front of right leg slap with right hand  
3-4 Touch left toe to left side, bring left foot behind right leg slap foot with right hand.

### CURTSIES

1-2 Step left to left side, touch right toe behind and past left leg  
3-4 Step right to right side, touch left toe behind and past right leg

## **VINE LEFT AND TURN**

1-4 Vine left stepping left-right-left turning ¼ turn left scuff right

## **STEP BACK, FORWARD**

1-2 Step back on right, step back on left

3-4 Step forward on right, stomp left together

## **SECTION B**

### **VINES**

1-4 Vine right stepping right-left-right scuff left together

5-8 Vine left stepping left-right-left stomp right together

### **HEEL SPLITS**

1-4 Heel split, heel split

5-8 Reverse heel split, reverse heel split

### **BRONCO AND OUTBACK**

1-2 Touch right toe to right side, bring right knee up in front of left and slap with left hand

3-4 Touch right toe to right side, bring right foot behind left leg and slap with left hand

### **CURTSIES**

1-2 Step right to right, touch left toe behind and past right leg

3-4 Step left to left, touch right toe behind and past left leg

### **VINES**

1-4 Vine right stepping right-left-right, scuff left

5-8 Vine left stepping left-right-left, stomp right

### **REPEAT**

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