

Promise

Compte: 64

Mur: 4

Niveau: Beginner

Chorégraphe: Dione Keith Zacarias (USA) - February 2013

Musique: Promise (feat. Usher) - Romeo Santos : (CD: Formula Vol. 1)



Intro: 64 counts from vocals

Sec 1-8 : BACHATA BASIC

- 1-4 Step R to side, step L together, step R to side, touch ball of L to side
- 5-8 Step L to side, step R together, step L to side, touch ball of R to side

Sec 9-16: BACHATA ROLLS

- 1-2 Step R to side & turn 1/4 right, step L forward & turn 1/2 right
- 3-4 Step R forward & turn 1/4 right, touch ball of L to side
- 5-6 Step L to side & turn 1/4 left, step R forward & turn 1/2 left
- 7-8 Step L forward & turn 1/4 left, touch ball of R to side

Sec 17-24: HIP GRINDS

- 1-4 Rock R to side, recover to L, rock R to side, touch L heel slightly forward
- 5-8 Rock L to side, recover to R, rock L to side, touch R heel slightly forward

Sec 25-32: DIAGONAL STEPS

- 1-2 Step R diagonally forward (body turned slightly to left), lock L behind R
- 3&4 Shuffle R, L, R diagonally forward
- 5-6 Step L diagonally forward (body turned slightly to right), lock R behind L
- 7&8 Shuffle L, R, L diagonally forward

Sec 33-48: SIDE AND SIDE WITH FLICKS

- 1-4 Square up & step R to side, step L together, step R to side, touch L together
- 5-8 Touch L to side, flick L over R knee, touch L to side, flick L behind R
- 9-12 Step L to side, step R together, step L to side, touch R together
- 13-16 Touch R to side, flick R over L knee, touch R to side, flick R behind L

Sec 49-56: DIAGONAL STEPS

- 1-2 Step R diagonally back (body turned slightly to right), lock L over R
- 3&4 Shuffle R, L, R diagonally back
- 5-6 Step L diagonally back (body turned slightly to left), lock R over L
- 7&8 Shuffle L, R, L diagonally back

Sec 57-64: BACHATA BASIC

- 1-4 Square up & step R to side, step L together, step R to side, touch ball of L to side
- 5-8 Step L to side, step R together, step L to side, touch ball of R to side
- & Turn 1/4 right (weight to L)

REPEAT

Submitted by - Roly Ansano: rolando.ansano@gmail.com