

Make No Promises

拍数: 64 墙数: 2 级数: Intermediate
编舞者: José Miguel Belloque Vane (NL) & Jef Camps (BEL) - August 2018
音乐: Promises - Calvin Harris & Sam Smith



(intro: 64 counts)

S1: CROSS, TOE SWITCHES, ROLLING VINE, CROSS SAMBA

1-2&3 RF cross over LF, LF touch side, LF close next to RF, RF touch side
4-5-6 ¼ turn R & put weight on RF, ½ turn R & LF step back, ¼ turn R & RF step side (12:00)
7&8 LF cross over RF, RF step side, LF step side & angle body to L-diagonal

S2: CROSS, ½ HINGE TURN, DIAG. STEP-LOCK-STEP, HOLD, BALL, STEP, BRUSH, 1/8 HITCH

1-2-3 RF cross over LF, ¼ turn R & LF step back, ¼ turn R & RF step side (6:00)
4&5-6 1/8 turn R & LF step forward, RF lock behind LF, LF step forward, hold (7:30)
&7-8 RF close next to LF, LF step forward, RF brush next to RF while turning 1/8 L on LF (6:00)

S3: CROSS, ¼ BACK, STEP-LOCK-STEP BWD, ROCK BACK/RECOVER, SHUFFLE ½ TURN

1-2 RF cross over LF, ¼ turn R & LF step back (9:00)
3&4 RF step back, LF lock in front of RF, RF step back
5-6 LF rock back, recover on RF
7&8 ¼ turn R & LF step side, RF close next to LF, ¼ turn R & LF step back (3:00)

S4: ROCK BACK/RECOVER, FULL TURN, ¼ SIDE, HOLD, BALL, SIDE, TOUCH

1-2 RF rock back, recover on LF
3-4 ½ turn L & RF step back, ½ turn L & LF step forward (3:00)
5-6 ¼ turn L & RF step side, hold (12:00)
&7-8 LF close next to RF, RF big step side, LF touch next to RF

S5: STEP, ½ BACK, COASTER STEP, STEP, ½ BACK, SHUFFLE ½ TURN

1-2 LF step forward, ½ turn L & RF step back (6:00)
3&4 LF step back, RF close next to LF, LF step forward
5-6 RF step forward, ½ turn R & LF step back (12:00)
7&8 ¼ turn R & RF step side, LF close next to RF, ¼ turn R & RF step forward (6:00)

S6: PRESS, RECOVER/SWEEP, BACK/SWEEP, SAILOR, STOMP, HEEL SWIVELS WITH ¼ TURN

1-2-3 LF press forward, recover on RF & sweep LF back, LF step back & sweep RF back
4&5 RF cross behind LF, LF step side, RF stomp into R diagonal
6-7-8 Swivel both heels to R, swivel both heels to L, swivel both heels to R while turning ¼ L (3:00)

S7: HEEL GRIND, BALL, CROSS, SIDE, SAILOR STEP, BEHIND, ¼ STEP FWD

1-2& R-Heel cross over LF, RF twist toes to R while stepping LF side, RF close next to LF
3-4 LF cross over RF, RF step side
5&6 LF cross behind RF, RF step side, LF step side
7-8 RF cross behind LF, ¼ turn L & LF step forward (12:00)

S8: V-STEP ON HEELS, KICK-BALL-STEP, STOMP, BOUNCING ½ TURN

1&2& RF step heel into R diagonal, LF step heel into L diagonal, RF step back, LF close next to RF
3&4 RF kick forward, RF close next to LF, LF step forward
5-6 RF stomp forward, bounce ¼ turn L on heels (9:00)
7-8 Bounce 1/8 turn L on heels, bounce 1/8 turn L on heels (6:00)

Start again, and have fun!

Tag: 16 count tag after 1st wall (6:00) & 3rd wall (12:00)

CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼ STEP FWD

1-2-3-4 RF cross over LF, LF sweep forward, LF cross over RF, RF step side

5-6-7-8 LF cross behind RF, RF sweep back, RF cross behind LF, ¼ turn L & LF step forward

STEP, ½ PIVOT, ½ SHUFFLE, ½ FWD, PADDLES ¾ TURN

1-2 RF step forward, ½ turn L putting weight on LF

3&4 ½ turn L & RF step back, LF close next to RF, RF step back

5-6 ½ turn L & LF step forward, ¼ turn L on LF & RF touch side

7-8 ¼ turn L on LF & RF touch side, ¼ turn L on LF & RF touch side

Ending: first 8 counts of facing the back and add following steps to finish the front

1-2-3-4 ¼ turn L RF step side and push R-hand forward and start raising it (over 4 counts)

5-6-7-8 Push L hand forward and start raising it (over 4 counts)

And slowly pull both hands in towards chest
