

# 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**

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