

# No Promises

拍数: 32      墙数: 2      级数: Beginner +  
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音乐: Promises - Calvin Harris & Sam Smith



## Start on the lyric

### section 1 : walk, walk, rock and cross, ½ turn , cross shuffle

1-2            step right foward , step left foward  
&3-4        step right on right side , recover onto on left , cross right over left 12:00  
5-6        ¼ turn to right with step left back, ¼ turn to right step right on right side  
7&8        cross left over right , step right on right side , cross left over right 6:00

### section 2 : side rock , coaster step, out out, hold , rock back

1-2            right side rock , recover onto left  
3&4        step right back, step left to right , step right foward  
&5-6        step left foward on left diagonale, step right foward on right diagonale, hold  
7-8        right rock back , recover onto left

Restarts here on wall 5 (face to 6:00) and wall 12 (face to 12:00)

### section 3 : step pivot ½ turn , shuffle foward , rock step foward , triple step ½ turn

1-2            step right foward , pivot ½ turn to left 12:00  
3&4        step right foward, left next to right , step right foward  
5-6        left rock foward , recover onto right  
7&8        ½ turn on left , step left foward ,right next to left , step left foward 6:00

### section 4 : jazz box , & cross, hold , side rock

1-2-3-4      cross right over left , step left back , step right on right side , left next to right  
&5-6        step right on right side ( with jump) , cross left over right , hold  
7-8        right side rock on right, recover onto left