

# No Promises - Easy

**COPPER** **NOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: High Beginner  
编舞者: Lene Mainz Pedersen (DK) - October 2018  
音乐: Promises - Calvin Harris & Sam Smith : (iTunes)



(intro: 64 counts)

## [1-8] WALK BACK R+L, COASTER, WALK FWD L+R, LOCK STEP FWD

1 - 2      Step R back, Step L back  
3 & 4      Step R back, Step L beside R, Step R fwd  
5 - 6      Step L fwd, Step R fwd  
7 & 8      Step L fwd, Lock R behind L, Step L fwd

## [9-16] ROCKING CHAIR, STEP R, HOLD, BALL STEP R, POINT L

1 - 4      Rock fwd on R, Recover on L, Rock back on R, Recover on L \*\*\* Tag & Restart \*\*\*  
5 - 6      Step R to R side, HOLD  
&7 - 8      Step L beside R, Step R to R side, Point L to L

## [17-24] 1/4 L, 1/2 L, CHASSE 1/4 L, JAZZ 1/4 R, CROSS L

1 - 2      Turn 1/4 L step L fwd, Turn 1/2 L step back on R (3:00)  
3 & 4      Turn 1/4 L Step L to L side, Step R beside L, Step L to L side (12:00)  
5 - 8      Cross R in front of L, Turn 1/4 R stepping back on L, Step R to R side, Cross L in front of R (3:00)

## [25-32] STEP R, STEP L TOGETHER, SHUFFLE FWD, STEP L, STEP R TOGETHER, SHUFFLE BACK

1 - 2      Step R to R side, Step L beside R  
3 & 4      Step R fwd, Step L beside R, Step R fwd  
5 - 6      Step L to L side, Step R beside L  
7 & 8      Step back on L, Step R beside L, Step back on L

## TAGS: 2 EASY TAGS: Wall 5 & 10 (12:00) after 12 Counts (after Rocking Chair) – Jazz box, Cross (12:00)

1 - 4      Cross R in front of L, Step back on L, Step R to R side, Cross L in front of R

## ENDING: Wall 13 (6:00) after 12 Counts (after Rocking Chair) – Step 1/2 turn L, Step R fwd

1 - 4      Step fwd on R, Turn 1/2 L recover on L, Step R fwd, raise your arms and SMILE ☐

Contact: [lene.m@privat.dk](mailto:lene.m@privat.dk) - [www.happylinedanceherning.dk](http://www.happylinedanceherning.dk)