

I Promise

拍数: 32 墙数: 2 级数: Beginner
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音乐: This I Promise You - Ronan Keating



Intro: 32 counts.

Easy Tag + Restart: Wall 9, facing 12 O'clock (Sway right. Sway left.) Then start over.

Section 1: Walk. Walk. Mambo Step. Back. Back. Mambo Cross.

1-2 Walk forward on right. Walk forward on left.
3&4 Rock forward on right. Recover onto left. Step back on right.
5-6 Step back on left. Step back on right.
7&8 Rock back on left. Recover onto right. Step Cross left over right.

Section 2: Right Rock. Cross Shuffle. Left Rock. Cross Shuffle.

1-2 Rock right to right side. Recover onto left.
3&4 Cross right over left. Step left to left side. Cross right over left.
5-6 Rock left to left side. Recover onto right.
7&8 Cross left over right. Step right to right side. Cross left over right.

Easy Tag (& Restart) here: On wall 9 (Facing 12 O'clock) Sway right. Sway left & Restart

Section 3: Side. Together. Forward Shuffle. Side. Together. Back Shuffle.

1-2 Step Right to right side. Close left beside right taking weight.
3&4 Step forward on right. Close left beside right. Step forward on right.
5-6 Step left to left side. Close right beside left taking weight.
7&8 Step back on left. Close right beside left. Step back on left.

Section 4: Back. Back. Coaster Step. Step ½ Turn Right. Forward Shuffle

1-2 Walk back on right. Walk back on left.
3&4 Step back on right. Close left beside right. Step forward on right.
5-6 Step forward on left. Turn ½ right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Tag : Sway. Sway

1-2 Sway right. Sway left