

# I Swear

拍数: 32      墙数: 4      级数: Easy Intermediate  
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音乐: I Swear - John Michael Montgomery : (Album: The Very Best Of - iTunes & Amazon)



Intro: 32 counts (3 Restarts)  
(Restarts on walls 1,5 & 9)

## S1: CROSS, SIDE ROCK, RECOVER, SAILOR 1/2, SWAY, SWAY, BEHIND SIDE CROSS

1,2,3      Cross left over right, rock right to right side, recover on left  
4&5      Cross right foot behind left, turn 1/2 turn right stepping left to left side, cross right over left  
6-7      Step left to left side as you sway hips to left, sway hips to right dragging left towards right  
8&1      Cross left behind right, step right to right side, cross left over right (6:00)

## S2: ROCK, RECOVER, CROSS SHUFFLE, 1/4, 1/2, STEP, LOCK

2-3      Rock right to right side, recover on left  
4&5      Cross right over left, step left to left side, cross right over left  
6-7      Turn 1/4 right stepping back on left, turn 1/2 right stepping forward on right  
8&      Step forward on left, lock right behind left angling body to right diagonal (3:00)

**\*\*Restart here during wall 9 facing 3 o'clock wall**

## S3: STEP, BACK SWEEP, BACK SWEEP, BEHIND SIDE FORWARD, ROCK RECOVER, BEHIND SIDE FORWARD

1,      Step left in place slightly forward & crossed over right  
2,3      Step back on right sweeping left front to back , step back on left sweeping right front to back  
4&5      Step right behind left, step left to left side, turn 1/8 left stepping forward on right (1:30)  
6-7      Rock forward on left, recover on right  
8&1      Cross left behind right, 1/4 right stepping forward on right, step forward on left (6:00)

## S4: 1/4 JAZZ BOX, CROSS BACK TOGETHER, CROSS, SCISSOR STEP

2-3      Cross right over left, 1/4 right stepping back on left  
4      Step right to right side (9:00)

**\*Restarts here during walls 1&5 facing 9 o'clock wall**

5&6      Cross left over right, step back on right, close left next to right angling body slightly to left diagonal  
7      Cross right over left  
8&      Step left to left side, close right next to left, (9:00)

**START AGAIN**