

Promises

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Choi Yoon Jeong (KOR) - March 2021
音乐: Promises - India.Arie



Intro: 36 counts; Start on lyrics (app. 20 sec)

S1: SIDE STEP, BEHIND, SIDE, CROSS, TOUCH, BACK DRAG, HOOK, FWD SHUFFLE

1 2&3 4 RF big side, LF cross behind RF, RF side, LF cross over RF, RF touch
5 6 RF back drag, LF heel hook
7&8 LF forward, RF beside RF, LF forward

S2: FWD 1/2R/ SWEEP, SHUFFLE, ROCK, RECOVER, BACK SHUFFLE

1 2 RF forward, 1/2 turn to right with sweep
3&4 LF forward, RF beside LF, RF forward
5 6 7&8 RF forward, LF recover, RF back, LF beside RF, LF back

S3: SIDE, HOLD, BALL, SIDE, 1/4R, BACK ROCK, RECOVER, FWD SHUFFLE

1 2&3 LF side, Hold, RF beside LF, LF side
4 1/4 turn to right upper body (weight L) with RF heel swivel
5 6 7&8 RF back, LF recover, RF forward, LF beside RF, RF forward

S4: TOUCH, DOWN, TOUCH, DOWN, FUNKY BACK x3, TOUCH,

1-4 LF touch, LF heel down, RF touch, RF heel down,
5-8 LF back and lifting RF toe up and out, RF back and lifting LF toe up and out, LF back and
lifting RF toe up and out, RF touch

RESTART: On Wall 5 After counts 16 - Step change 15&16->15,16 (Back shuffle->Back together)

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