

No Promises

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Wandy Hidayat (INA), Agus Harianto (INA), Sawaludin (INA) & Yanti SR (INA) -
February 2023
音乐: No Promises - Shayne Ward



Intro : 16 Count - No tag, 2 restart (With change step)

I. SIDE, ¼ R, ½ R, ½ R & SWEEP, CROSS, SIDE, BEHIND AND SWEEP, BEHIND, ¼ L, SPIRAL FULL TURN L, FORWARD

1-2& Step L side (angel body to L diagonal 10.30) (1), ¼ turn R step R forward (2), ½ turn R step L back (&)
3-4& ½ turn R step R forward and sweep L to front (3), Cross L over R (4), step R to side (&)
5-6& cross L behind R and sweep R to back (5), Cross R behind L, ¼ turn L step L forward
7-8 Spiral full turn L (weight on R) (7), step L forward (8) 12.00

II. SIDE, BEHIND, SIDE, CROSS & HITCH, CROSS , ½ HINGE TURN R, NC, SWAY L-R

1 - 2& Step R to side (1), Cross L behind R (2), Step R to Side (&)
3 - 4& Cross L over R & hitch R (3), Cross R over L (4), ¼ turn R step L back (&) 9.00
5 - 6& ¼ turn R step R to side (5), Step L slightly behind R (6), cross RF over LF (&)
7 - 8 Step L to Side and Sway to L (7), sway to R (8) 06.00

RESTART HERE WITH CHANGE STEP ON WALL 3 (after 10 Count)

III. CROSS RECOVER SIDE (2X), FORWARD AND HITCH, COASTER STEP, FORWARD

1-2& Cross L over R (1), recover on R (2), step L to side (&)
3-4& Cross R over L (1), recover on L (2), step R to side (&)
5-6& Step L forward and hitch R (5), step R back (6), step L next to R (&)
7-8 Step R forward (7), step L forward (8) 06.00

RESTART HERE WITH CHANGE STEP ON WALL 6 (after 24 Count)

IV. FORWARD, ½ L, ½ L AND SWEEP, BEHIND, SIDE, CROSS AND SWEEP, CROSS, SIDE, BEHIND AND SWEEP, BEHIND, SIDE, TOUCH CLOSE

1&2 Step R forward (1), ½ turn L step L in place (&), ½ turn L step R back and sweep L to back
3&4 Cross L behind R (3), step R to side (&), cross L over R and sweep R to front(4)
5&6 Cross R over L (5), step L to side (&), cross R behind L and sweep L to back (6)
7&8 Cross L behind R (7), step R to side (&), touch L next to R (8) 06.00

Note :

RESTART ON WALL 3 WITH CHANGE STEP (Count 10) : Touch L next to R

RESTART ON WALL 6 WITH CHANGE STEP (Count 24) : Touch L next to R

Enjoy Your Dance

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