

# 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

### Contact Person

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