

I Made a Promise

拍数: 48
编舞者: Kim Ray (UK) - June 2023
音乐: I'll Stay - Leroy Sanchez

墙数: 2

级数: High Intermediate



Tag at end of wall 4
#16 count intro

S1 BASIC RIGHT, ¼ TURN LEFT, PIVOT ½ TURN LEFT, SPIRAL ½ TURN LEFT, ¾ TURN RUN AROUND

- 1-2& Large step to right side, step back on left, cross right over left
- 3 ¼ turn left stepping forward on left (9:00)
- 4& Step forward on right, ½ pivot turn left (3:00)
- 5 Step forward on right spiraling ½ turn left (9:00)
- 6&7 Run around ¾ turn left stepping left, right, left sweeping right forward (12:00)

S2 ½ DIAMOND FALLAWAY RIGHT, BACK DRAGS, BACK ROCK, SIDE ROCK

- 8&1 Cross right over left, step left to left side turning 1/8 turn right, step back on right (1:30)
- 2&3 Step back on left, 1/8 turn right stepping right to right side (3:00), cross left over right turning 1/8th turn right (4:30)
- 4&5 Step forward on right, 1/8th turn right stepping left to left side, step back on right dragging left back (6:00)
- 6 Step back on left dragging right back
- 7& Rock back on right, recover on left
- 8& Rock right to right side, recover on left (6:00)

S3 CROSS ROCK/RECOVER, BALL CROSS, ½ TURN LEFT, CROSS ROCK/RECOVER, 1/8th TURN RIGHT WALK FORWARD, ½ PIVOT LEFT

- 1-2 Cross rock right over left, recover back on left,
- &3 Step right to right side, cross left over right
- 4& ¼ turn left stepping back on right, ¼ left stepping left to left side (12:00)
- 5-6 Cross rock right over left, recover back on left
- &7 Turning 1/8th turn right stepping down on right, walk forward on left (1:30)
- 8& Step forward on right, ½ pivot turn left (7:30)

S4 ROCK FORWARD ON RIGHT/RECOVER, RUNS BACK, COASTER STEP, TURN ½ LEFT, TURN ½ RIGHT, FULL TURN RIGHT

- 1-2 Rock forward on right, recover back on left
- &3 Run back on right, run back on left
- 4&5 Step back on right, step left next to right, step forward on right
- 6-7 Pivot ½ turn left (1:30), over right shoulder turn ½ turn (weight forward on right) (7:30)
- 8& ½ turn right stepping back on left, ½ turn right stepping forward on left (7:30)

S5 BASIC LEFT, BASIC RIGHT, ¼ TURN LEFT, ½ TURN LEFT, ¼ TURN LEFT, BEHIND, ¼ TURN RIGHT

- 1-2& Turning 1/8th right large step to left side, step back on right, cross left over right (9:00)
- 3-4& Large step to right side, step back on left, cross right over left
- 5 ¼ turn left stepping forward on left (6:00)
- 6& Step forward on right, ½ pivot turn left (12:00)
- 7 ¼ turn left stepping right to right side (9:00)
- 8& Cross left behind right, ¼ turn right stepping forward on right (12:00)

S6 STEP FORWARD, FULL TURN RIGHT, STEP BACK RIGHT, COASTER CROSS, ½ HINGE LEFT, CROSS ROCK/RECOVER, SIDE CROSS

- 1-2& Step forward on left, ½ pivot turn right, ½ turn right stepping back on left (12:00)

- 3 Step back on right
4&5 Step back on left, step right next to left, cross left over right
6& ¼ turn left stepping back on right, ¼ turn left stepping left to left side (6:00)
7&8& Cross rock right over left, recover on left, step right to right side, cross left over right (6:00)

TAG AT END OF WALL 4 FACING 12:00

SWAY RIGHT, SWAY LEFT X 2

- 1-2 Sway side right, sway side left
3-4 Sway side right, sway side left

TO FINISH: Dance to count 8& S4 make a further ½ turn stepping back on left (12:00)
