

Promise You'll Wait

COPPER KNOB
BY SHEETS

拍数: 16 墙数: 4 级数: Beginner
编舞者: Rachelle Wieczorek (USA) - January 2024
音乐: Wait - Jeremy Renner



Forward Walk (Nightclub Foxtrot)

- 1 Step LF forward and slide the RF to brush next to left
- 2 Step RF forward and slide the LF to brush next to right
- 3 Slide LF to the left and brush RF next to left
- 4 Slide RF to the right and brush LF next to right

Backward Walk (Nightclub Foxtrot)

- 1 Step LF backward and slide the RF to brush next to left
- 2 Step RF backward and slide the LF to brush next to right
- 3 Slide LF to the left and brush RF next to left
- 4 Slide RF to the right and brush LF next to right

Box Corners - (each step should go to each corner of a box counter/anti clockwise around the room until back to same wall)

- 1 (face 3:00) Step LF forward with a 1/4 turn left and slide the RF to brush next to left (note: this is like the last two counts of a grapevine with a 1/4 turn and touch)
- 2 (face 6:00) Step RF forward with a 1/4 turn left and slide the LF to brush next to right
- 3 Repeat 1 (face 9:00)
- 4 Repeat 2 (face 12:00)

If you want to add a higher level, this can be a slow glide box

Right Turn (Nightclub Foxtrot)

- 1 Step LF back and brush RF next to left
- 2 Step RF forward with a 1/4 turn to the new wall (3:00)
- 3 Slide LF to the left and brush RF next to left
- 4 Slide RF to the right and brush LF next to right

If you want to make this a 1-wall dance, then just leave out the 1/4 turn here as it will accommodate Absolute Beginners on the Box Corners as they will always come back to the front of the room

- **RESTART:** When you come back to the front wall, on Wall 5, do the Forward and Backward walks and restart the dance as he starts the next chorus of "Wait"
- **ENDING:** When you come back to the front wall the second time, after Wall 8, slide LF to the left with open arms and brush RF next to left and pull arms in as the song ends here
- **TIMING:** Nightclub Foxtrot is often danced to V. Waltz music where you take a step on the 1 downbeat and brush on the 2/3 upbeats because of the tempo. Each count below is musically a 1-2-3 at 150bpm which amounts to 48 counts of music but we are only moving once per phrase, which makes 16 counts.
- **STYLE:** The music is Viennese Waltz but danced with a beginner rhythm for Nightclub Foxtrot, with a gliding that looks and feels like ice skating. Let the body and arms sway with the music as the tide of the ocean comes and goes.
- **ALT MUSIC:** Perfect by Ed Sheeran (slightly faster, great for glide box, restart on Wall 7)
- **PRACTICE MUSIC:** Breakaway by Kelly Clarkson (if you ignore the many restarts)
- **CONTACT:** Email askrachel@gmail.com