

# No Promises

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Shaz Walton (UK)  
音乐: No Promises - Shayne Ward



## STEP, STEP ½ PIVOT, STEP, STEP ½ PIVOT, STEP, ROCK ¼ TURN, CROSS, SIDE, BEHIND, SIDE

- 1-2&3      Step forward on right, step forward left, pivot ½ turn right, step forward left
- 4&5      Step forward on right, pivot ½ turn left, step forward right
- 6&      Make ¼ turn right as you rock left to left side, recover on right
- 7&      Cross step left over right, step right to right side
- 8&      Cross step left behind right, step right to right side

## CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, PRISSY WALKS TWICE, MAMBO STEP, ½ TURN RIGHT

- 1-2&      Cross rock left over right, recover on right, step left beside right
- 3-4&      Cross rock right over left, recover on left, step right beside left
- 5-6      Cross walk left over right, cross walk right over left (prissy walks)
- 7&8      Rock forward left, recover on right, step back on left
- &      Make ½ turn right, stepping right forward

## SPIRAL FULL TURN, STEP, TOGETHER, STEP, MAMBO SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, STEP

- 1      Step forward left as you make a full spiral turn right, finish with right foot hooked
- 2&3      Step right small step forward step left beside right, step right small step forward
- 4&5      Rock forward left, recover on right, sweep left out & behind right
- 6&7-8      Cross step left behind right, step right to right side, cross rock left over right, recover on right

## STEP, CROSS, UNWIND ¾ WITH SWEEP, BEHIND SIDE CROSS, STEP, SWAY, SWAY, EXTENDED CROSS SHUFFLE

- &1-2      Step left to left side, cross step right over left, unwind ¾ turn left sweeping left
- 3&4      Cross step left behind, step right to right side, cross step left over right
- 5-6      Step right to right as you sway right, sway left
- 7&8&      Cross step right over left, step left to left, cross step right over left, step left to left, right

## DIAMOND SEQUENCE:

### CROSS, BACK, TURN, FORWARD, CROSS, TURN, BACK, FORWARD, CROSS, TURN, TURN, COASTER STEP

- 1-2&3      Cross step right over left, step back on left, step right 1/8 turn right, step left forward, (right diagonal front)
- 4&5      Cross step right over left, step back left making ¼ turn right, step right to right side, (left diagonal back)
- 6&7      Step forward left, cross step right over left, make ¼ right stepping back left, (right diagonal back)
- 8&1      Make 1/8 right (9:00) step back right, step back left, step forward right, (this being the first step of your new wall)

## REPEAT

## RESTART

During second repetition, dance to count 32. Change extended cross shuffle for the following:

### CROSS, STEP, CROSS, STEP, CROSS, HOLD, STEP

- 1&2&      Cross step right over left, step left to left side, cross step right over left, step left to left side

3&4& Cross step right over left, step left to left side, cross step right over left, hold, step left beside right

**Start the dance again from the beginning**

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