

# Promise Me

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Elaine Lowther  
音乐: Loving You - The Mavericks



## STEP BEHIND SYNCOPATED GRAPE VINE RIGHT, RIGHT ROCK TOE STRUT

1-2            Step right to right side, cross left behind right  
&3&4        Step right to right side, cross left over right, step right to right side, step left behind right  
5-6           Rock right to right side, rock onto left  
7-8           Cross right over left, drop heel down

## STEP BEHIND SYNCOPATED GRAPE VINE LEFT, LEFT ROCK TOE STRUT

1-2            Step left to left side, cross right behind left  
&3&4        Step left to left side, cross right over left, step left to left side, step right behind left  
5&6          Rock left to left side, rock onto right  
7-8           Cross left over right, drop heel down

## FORWARD ROCK TRIPLE ½ TURN, TURNING RIGHT TWICE, BACK ROCK

1-2            Forward rock onto right, rock back onto left  
3&4          Shuffle half turn right stepping right left right  
5&6          Shuffle half turn right stepping left right left  
7-8           Rock back onto right, forward onto left

## RIGHT AND LEFT HIP BUMPS, FORWARD ROCK ¼ SAILOR TURN

1&2          Step right forward bumping hips right left right  
3&4          Step left forward bumping hips left right left  
5-6          Rock forward onto right, rock back onto left  
7&8          Cross right behind left, step left beside right, step right ¼turn

## LEFT HEEL TOE TOUCHES LEFT BALL CHANGE, LEFT SHUFFLE RIGHT KICK BALL CHANGE

1-2            Touch left heel forward, touch left toe back  
3&4          Touch left heel forward, step left beside right, step right beside left  
5&6          Step left forward, close right beside left, step forward left  
7&8          Kick right forward, step right beside left, step left beside right

## RIGHT HEEL TOE TOUCHES, RIGHT BALL CHANGE, RIGHT SHUFFLE, LEFT KICK BALL CHANGE

1-2            Touch right heel forward, touch right toe back  
3&4          Touch right heel forward, step right beside left, step left beside right  
5&6          Step right forward, close left beside right, step forward right  
7&8          Kick left forward, step left beside right, step right beside left

## ½ PIVOT RIGHT, FULL RIGHT TURN, SIDE STEP CHASSE RIGHT

1-2            Step left forward, pivot ½turn right  
3-4          Make half turn right stepping back on left, make half turn right stepping back on right  
5-6          Step left to left side, close right together  
7&8          Step left to left side, close right together, step left

## CROSS ROCK ¼ RIGHT TRIPLE STEP CROSS UNWIND ½ TURN RIGHT, LEFT COASTER

1-2            Cross rock right over left, rock back onto left  
3&4          Shuffle ¾ turn right stepping right left right  
5-6          Cross left over right, unwind ½ turn right

7&8

Step back left, step right beside left, cross left over right

**REPEAT**

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