

# Promises

拍数: 64      墙数: 4      级数:  
编舞者: Sue & Jane  
音乐: Lipstick Promises - The Cheap Seats



## KICK, KICK, CROSS, UNWIND, HIP BUMPS

- 1 Kick right foot forward
- 2 Kick right foot forward
- 3 Cross right foot over left
- 4 Unwind  $\frac{1}{2}$  turn to left
- 5 Bump hips to right
- 6 Bump hips to right
- 7 Bump hips to left
- 8 Bump hips to left

## KICK, KICK, CROSS, UNWIND, HIP BUMPS

- 9 Kick right foot forward
- 10 Kick right foot forward
- 11 Cross right foot over left
- 12 Unwind  $\frac{1}{2}$  turn to left
- 13 Bump hips to right
- 14 Bump hips to right
- 15 Bump hips to left
- 16 Bump hips to left

## STEP, SLIDE, STEP, TOUCH, BACK, $\frac{1}{2}$ TURN, SLOW SLIDE

- 17 With right foot step forward 45 degrees
- 18 Slide left to touch behind
- 19 With right foot step forward 45 degrees
- 20 Touch left
- 21 Step back on left
- 22 Reverse pivot  $\frac{1}{2}$  turn to left
- 23-24 Slide right foot up to place

## STEP, SLIDE, STEP, TOUCH, BACK, $\frac{1}{2}$ TURN, SLOW SLIDE

- 17 With right foot step forward 45 degrees
- 18 Slide left to touch behind
- 19 With right foot step forward 45 degrees
- 20 Touch left
- 21 Step back on left
- 22 Reverse pivot  $\frac{1}{2}$  turn to left
- 23-24 Slide right foot up to place

## SHUFFLE, CROSS, PAUSE, SIDE, PAUSE, KICK, KICK

- 33&34 Shuffle to right side right, left, right
- 35 Cross left in front
- 36 Pause
- 37 Step right to side
- 38 Pause
- 39 Left kick across right
- 40 Left kick across right

**SHUFFLE, CROSS, PAUSE, ¼ TURN, PAUSE, KICK, KICK**

41&42 Shuffle to left side left, right, left  
43 Cross right in front  
44 Pause  
45 Step ¼ left  
46 Pause  
47 Kick forward on right  
48 Kick forward on right

**TOE FORWARD, PAUSE, TOE BACK, STEP, PIVOT ½, CHA-CHA-CHA**

49 Touch right toe forward  
50 Pause  
51 Touch right toe back  
52 Pause  
53 Step forward on right foot  
54 Pivot ½ left  
55&56 Step right, left, right

**TOE FORWARD, PAUSE, TOE BACK, STEP, PIVOT ½, CHA-CHA-CHA**

57 Touch left toe forward  
58 Pause  
59 Touch left toe back  
60 Pause  
61 Step forward on left foot  
62 Pivot ½ right  
63&64 Step left, right, left

**REPEAT**

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