

# Promises

COPPER KNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Chris Hodgson (UK)  
音乐: Time for Letting Go - Billy Ray Cyrus



## VINE TWICE / SIDE ROCK AND CROSS STEP, RIGHT AND LEFT

1-2            Step right to right side, cross left behind  
3&4           Step right to right side, rock weight onto left, cross step right over left  
5-6           Step left to left side, cross right behind  
7&8           Step left to left side, rock weight onto right, cross step left over right

## ROCK STEP / HIP BUMPS WITH HEEL LIFTS, RIGHT AND LEFT

1-2            Step forward on right, rock weight back onto left  
3&4           Bump hips forward lifting left heel, bump hips back lifting right heel, bump hips forward lifting left heel  
5-6           Step forward on left, rock weight back onto right  
7&8           Bump hips forward lifting right heel, bumps hips back lifting left heel, bump hips forward lifting right heel

For extra styling, sway body on this section

## BACK LOCK / SHUFFLE BACK / SIDE-½ TURN SIDE / STEP AND BUMPS

1-2            Step back on right, lock left over in front of right  
3&4           Step back on right, step left next to right, step back on right  
5-6           Step left to left side, on ball of left foot spin ½ turn right stepping right to right side  
7&8           Step left in place bumping hips left, bump hips right then left

## BACK-BACK / TRIPLE ½ TURN RIGHT / STEP ¼ TURN ROCK / CROSS UNWIND

1-2            Step back on right, step back on left  
3&4           Triple step on right-left-right making ½ turn right  
5-6           Step forward on left making ¼ turn right, rock weight onto right  
7-8           Cross left over right, unwind ½ turn right

## REPEAT

If using Billy Ray's song, after 3rd wall only there is a 4 count tag. For this one time only, bump hips right-left-right-left