

Promises

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