Promises

拍数: 32   **墙数:** 4   **级数:** Intermediate

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音乐: Promises - Kylie Minogue

HEEL JACKS RIGHT & LEFT, ½ PIVOT TURN, ¼ PIVOT TURN

&1&2	Step right back, touch left heel forward, step left back, close right next to left
&3&4	Step left back, touch right heel forward, step right back, close left next to right
5-6	Step right forward, pivot ½ turn left
7-8	Step right forward, pivot ¼ turn left

CROSS SHUFFLE, ROCK & CROSS, ¾ TURN LEFT, ¼ TURN SAILOR STEP LEFT

1&2	Cross right over left, step left to side, cross right over left
3&4	Rock left to left side, recover weight on right, cross left over right
5&6	Make ¼ turn left and step right back, make ½ turn left and step left forward, step right forward
7&8	Cross left behind right, make ¼ turn left and step right to side, step left to side

CROSS, TOUCH SIDE, KICK & TOUCH SIDE (X2)

1-2	Cross right over left, touch left to left side
3&4	Kick left forward, close left next to right, touch right to right side
5-8	Repeat 1-4

CROSS, UNWIND, ½ TURN LEFT, LOCK SHUFFLE FORWARD, CROSS, ½ TURN RIGHT WITH 3X HEEL BOUNCES

1-2	Cross right over left, unwind ½ turn left (weight on left)
3&4	Step right forward, cross left behind right, step right forward
5-6	Sweep left in 2 counts across right
7&8	While making ½ turn right bounce both heels 3x (3:00)

REPEAT

TAG

After 7th wall the music stops for 4 counts and do the following:

| 1-2 | While bending forward bring right shoulder forward and put right hand on right hip, bring left shoulder forward and put left hand on left hip |
| 3-4 | While straightening up bring right shoulder forward and bring right hand forward with palm up, bring left shoulder forward and bring left hand forward with palm up |

TAG

If you're using the track by Kylie Minogue, after 7th wall repeat counts &1-4 and start the dance again.

If you're using the track by Lee Ann Womack, after 4th wall repeat counts &1-8 and start the dance again.