

Promises

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jos Slijpen (NL)
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.