

This I Promise You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hana Smyth
音乐: This I Promise You - *NSYNC



SIDE ROCK, WEAVE LEFT, FORWARD ROCK, WEAVE RIGHT

1-2 Rock right to right, replace on left
3&4 Cross right behind left, step left to left, cross right in front of left
5-6 Rock left forward, replace on right
7&8 Cross left behind right, step right to right, cross left in front of right

ROCK REPLACE TRIPLE ONE AND A HALF TURN TRAVELING BACKWARDS TWICE

9-10 Rock right forward, replace on left
11&12 Turn half right traveling backwards stepping on right, continue turn stepping back on left, continue last half of turn stepping forward on right (easy alternative, half turn shuffle)
13-14 Rock left forward, replace on right
15&16 Repeat steps 11&12 leading with left foot (one and half turn ends on left - easy alternative as above)

MAMBO RIGHT, MAMBO LEFT, ROCK, REPLACE, BEHIND, STEP, FORWARD, FORWARD

17&18 Rock right out to right side, replace weight on left, step right beside left (mambo)
19&20 Repeat 17&18 leading with left foot (ends on left)
21&22& Rock out to right, replace on left, cross right behind left, step left beside right
23-24 Walk forward on right, walk forward on left

WALK FORWARD, STEP-TURN-STEP, SAILOR STEP, SAILOR STEP, TAP

25-26& Walk forward on right, step forward on left, pivot half turn right
27 Step forward on left
28&29 Right sailor step (cross right behind left, step left to side, step right diagonally forward)
30&31 Left sailor step (cross left behind right, step right to side, step left diagonally forward)
32 Tap right beside left

REPEAT
