

You Promised Me

COPPER KNOB
STEPSHEETS

拍数: 36 墙数: 2 级数: Intermediate waltz
编舞者: Diana Bishop (AUS)
音乐: You Promised Me - In-Grid



Start dance from "You Promised me the Moon & the sky"

- 1&2-3-4-5-6 $\frac{1}{2}$ turn to right on right-left-right, step forward on left, pivot $\frac{1}{4}$ to right on balls of both feet, step forward on to left, pivot $\frac{1}{2}$ to right on balls of both feet
- 1&2-3-4-5-6 Shuffle forward left-right-left. Rock forward onto right, rock back onto left, step right toe back & reverse pivot $\frac{1}{2}$ to right
- 1&2-3-4-5-6 Shuffle forward right-left-right, rock forward onto left, rock back onto right, step left toe back & reverse pivot $\frac{1}{2}$ to left
- 1-2-3&4-5-6 Rock to left onto left, rock to right onto right, side shuffle to left on left-right-left, cross right over left, pivot on balls of feet turning $\frac{1}{2}$ to left
- 1-2-3&4-5-6 Push left knee forward (lifting left heel off floor), push right knee forward (lifting right heel off floor), right toe/heel strut moving backwards, left toe/heel strut moving backwards
- 1-2-3-4-5&6 Step right toe back reverse pivot $\frac{1}{2}$ to right, step left forward turning $\frac{1}{4}$ to right, pivot on balls of both feet keep weight onto right foot, shuffle forward left-right-left

REPEAT

Music slows down through dance & stops for a second. Keep dancing through this section at the same beat as the entire dance.
