Your Promise (P)



拍数: 64 墙数: 0 级数: Partner

编舞者: Norma Jean Fuller (USA) & Lewis Cain (USA)

音乐: He's Got You - Brooks & Dunn



Position: Right Side-By-Side

CROSS ROCKS, TRIPLES IN PLACE

1-2 Cross right foot over left and step, rock back on left

3&4 Triple step in place (right-left-right)

5-6 Cross left foot over right and step, rock back onto right foot

7&8 Triple step in place (left-right-left)

FORWARD SHUFFLES

9&10 Shuffle forward (right-left-right) 11&12 Shuffle forward (left-right-left)

13-16 Repeat beats 9-12

ROCKING CHAIR, COASTER STEP, WALK, WALK, TRIPLE FORWARD

17-18 Step forward on right foot, rock back on left

19&20 Step back on right foot, step back on left, step forward on right

21-22 Step forward on left, step forward on right

23&24 Triple step forward (left-right-left)

TO THE RIGHT MILITARY TURN, VINE LEFT, SWAYS, TRIPLE IN PLACE

25-26 Step forward on right foot pivoting ¼ turn to the right on ball of right and shift weight to left

(facing OLOD in Indian Position)

27-28 Cross right foot behind left and step, step to the left on left foot

29-30 Step to the right on right foot and sway hips to the right, shift weight to left swaying hips to left

31&32 Triple step in place (right-left-right)

Option: bump hips right-left-right instead of triple steps

Man raises both of lady's hands above her head as lady swivels her hands inside of man's during rolling turns MAN: VINES / LADY: ROLLING TURNS

33-34 MAN: Step to the left on left foot, cross right behind left

LADY: Step to the left on left foot and begin a full rolling turn to the left traveling to left, step

on right foot and continue full rolling turn to the left

35-36 MAN: Step to the left on left foot, touch right toe next to left

LADY: Step on left foot and complete full rolling turn to the left (bringing arms down parallel to

floor), touch right toe next to left foot

37-38 **MAN:** Step to the right on right, cross left foot behind right

LADY: Step to the right on right and begin a full rolling turn to the right traveling to the right

raising hands again, step on left foot and continue full rolling turn to the right

39-40 **MAN:** Step to the right on right, touch left toe next to right

LADY: Step on right foot and complete full rolling turn to the right, touch left toe next to right

foot

STEP-SLIDES, STEP-TOUCHES

41-42 Step left on left, slide right foot next to left and step

Option: extend left arms left, turn heads to the left, right hands on lady's waist 43-44 Step to the left on left foot, touch right toe next to left foot

45-46 Step right on right, slide left foot next to right and step

Option: extend right arms right, turn heads to the right, left hands on lady's waist

47-48 Step to the right on right foot, touch left toe next to right foot

STEP SLIDE, TRIPLE STEP LEFT, STEP SLIDE, TRIPLE STEP RIGHT

49-50 Placing hands on lady's shoulders step to the left on left foot, slide right foot next to left

51&52 Triple step to left left-right-left

Step to the right on right foot, step left next to right

55&56 Triple step to right right-left-right

VINE WITH TURN / LADY: TO THE LEFT ROLLING LEFT RIGHT TRIPLE STEP, BOTH STEP, SCUFF, STEP HIP HIP

57-58 MAN: Step to the left on left foot, cross right foot behind left

LADY: Step to the left on left foot to begin 1-1/4 rolling turn to the left to the left releasing left

hands, step on right foot and continue 1-1/4 turn to the left (you're facing RLOD)

59&60 MAN: Triple step left-right-left into a ¼ turn to the left

LADY: Triple step left-right-left turning ½ turn to the left joining left hands in front facing LOD

in right side by side position

Step forward on right, scuff left foot forward

Step forward on left swinging hip to left at same time, and swing hip to right, swing hip to left

REPEAT