

# Promises Don't Come Easy

COPPER KNOB  
BY STEPHEN METZ

拍数: 64      墙数: 1      级数: Improver  
编舞者: Elke Weinberger (NL) & Illona Klockner - October 2007  
音乐: Promises Don't Come Easy - Caron Nightingale



**Note: Start dance after 16 counts - on vocals at 10 secs.**

## HIP SWAYS, ½ LEFT TURN, HIP SWAYS, TRAVELLING RIGHT FULL TURN RIGHT, 1/8 LEFT TURNING TWINKLE PATTERN

- 12            Step left to left and sway hips left, sway hips right
- 34            Execute ½ turn left and then step left to left swaying hips left, sway hips right (6 O'Clock)
- 56            Execute ½ turn right and then step left to left, execute another ½ turn right and then step right to right (6 O'Clock)
- 7&8          Cross left over right, execute 1/8 turn left and then step right to right, step left to left (5 O'Clock)

## FORWARD ROCK, RECOVER, ½ RIGHT TURN, FORWARD ROCK, RECOVER, FORWARD, TRAVELLING FORWARD ¼ LEFT TURN, JAZZ BOX

- 9-10&        Rock forward on right, recover weight onto left, step right beside left
- 11-13        Execute ½ turn right and then rock left forward, recover weight onto right, step left forward (11 O'Clock)
- 14&          Execute ¼ turn left and then step right to right, execute another ½ turn left and then step left to left (2 O'Clock)
- 15-17        Cross right over left, step left back, step right close beside left

## QUARTER LEFT TURN, CROSS, SIDE SLIDE, SLIDE-BALL-CROSS, SIDE SLIDE, COASTER CROSS, ¾ LEFT UNWIND TURN, SWEEP

- 18-19        Execute ¼ turn left and then cross left over right, taking a long step – slide right to right (11 O'Clock)
- 20&21        Slide left beside right (weight ends on left), cross right over left, taking a long step – slide left to left
- 22&23        Slide right back, slide beside right, cross right over left
- 24&          Unwind ¾ turn left, sweep left around from front to back (2 O'Clock)

## UNSYNCOPATED SAILOR CROSS ROCK, RECOVER, TRAVELLING LEFT ½ LEFT TURN, BACK, ½ RIGHT TURN, ½ RIGHT SWEEP TURN, FORWARD, ½ LEFT SWEEP TURN

- 25-27        Cross left behind right, step right to right, cross rock left over right
- 28&29        Recover weight onto right, execute ¼ turn left and then step left forward, execute another ¼ turn left and then step right to right (7 O'Clock)
- 30&31        Step left back, execute ½ turn right and then step right forward, sweep left around from back to front as you execute another ½ turn right (weight remains on right) (7 O'Clock)
- 32-33        Step left forward, sweep right around from back to front as you execute ½ turn left (weight remains on left) (2 O'Clock)

## HALF RIGHT TURNING TWINKLE, CROSS ROCK, RECOVER, ¼ LEFT TURN TOGETHER, TRAVELLING FORWARD ½ LEFT TURN, BACK, LOCK STEP

- 34-36        Cross right over left, execute ¼ turn right and then step left back, execute another ¼ turn right and then step right to right (7 O'Clock)
- 37-38        Cross rock left over right, recover weight onto right
- &            Execute ¼ turn left and then small step left forward (4 O'Clock)

39&40            Execute ½ turn left and then step right back, step left back, lock step right over left (11 O'Clock)

**BACK, ¾ RIGHT TURN, FORWARD ROCK, RECOVER WITH HIP PUSH, TRAVELLING BACK FULL LEFT TURN, BACK, ½ RIGHT TURN, FORWARD COASTER**

41-43            Step left back, execute ¾ turn right and then rock right forward, recover weight onto left (pushing hips back in preparation to turn left) (7 O'Clock)

44&45            Execute ½ turn left on ball of left and then step right forward, execute another ½ turn left on ball of right and then step left back, step right back (7 O'Clock)

46-47            Step left back, execute ½ turn right and then step right forward (2 O'Clock)

48&49            Slide left forward, slide right beside left, slide left back

**MAKE 5/8 RIGHT SPIRAL TURN, BALL-CROSS, ¼ RIGHT TURN, ½ RIGHT TURNING VINE, CROSS ROCK, RECOVER, BALL-CROSS**

50-51            Touch right toes back (right leg straightened), execute 5/8 turn right (weight remains on left with right toes crossing over left) (9 O'Clock)

52&53            Step right beside left, cross left over right, execute ¼ turn right and then slide right forward (12 O' Clock)

54&55            Execute ¼ turn right and then step left to left, cross right behind left, execute another ¼ turn right and then step left to left (6 O'Clock)

56-57            Cross rock right over left, recover weight onto left

&58              Step right beside left, cross left over right

**MAKE ¾ LEFT SLOW SWEEP TURN, WEAWE, HIP SWAYS, ¾ LEFT TURN**

59-60            Over 2 counts - sweep right around as you execute ¾ turn left (weight remains on left) (9 O'Clock)

61&62            Cross right over left, step left to left, cross right behind left

63-64            Step left to left and then sway hips left, sway hips right

&                Execute ¾ turn left on ball of right (12 O'Clock)

**REPEAT**

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