

The Promise

拍数: 48 墙数: 4 级数: Intermediate
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音乐: La promesse - Roch Voisine



Hips Sways Left, Right, ¼ Turn Left, ¼ Turn Forward Basic, ½ Turn Back Basic

1-2-3 Sway hips left
4-5-6 Sway hips right making ¼ turn left (weight ends on right)
7-8-9 Making ¼ turn left step left forward, step right beside, step left in place
10-11-12 Making ¼ turn left step right to side, step left back ¼ left, step right beside left

Side-Slide Left, Side-Slide Right, Left ¼ Turn Twinkle, Right Twinkle ¼ Turn Right

1-2-3 Step left to side, slide right in over 2 counts
4-5-6 Step right to side, slide left in over 2 counts
7-8-9 Cross left over right, step right to side, step left to side ¼ turn left
10-11-12 Cross right over left, step left back ¼ turn right, step right forward making ½ turn right

Forward Rock, Back, Reverse Twinkles Right & Left, Together-Side-Touch

1-2-3 Rock left forward, recover, step left back
4-5-6 Sweep right behind left, step left to side, step right to side
7-8-9 Sweep left behind right, step right to side, step left to side
10-11-12 Step right beside left, step left to side, touch right beside left

Rolling Vine Right, ½ Turn, Back Rock Recover, ¼ Turn Right Twinkle, Cross Rock, Side Touch

1-2-3 Step right forward ¼ turn right, step left side ¼ turn, step right to side ½ turn right
4-5-6 Pivot turn ½ right stepping left to side, rock right behind, recover
7-8-9 Cross right over left, step left to side making ¼ turn right, step right to side
10-11-12 Cross rock left over right, recover, touch left to left side

Repeat

TAG: End of 2nd and 4th wall

1-6 Twinkle left, twinkle right
