

# Promises, Promises

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Promises - Take That



48 Count intro, 112 b.p.m.

## Right sailor step, left sailor heel with 1/4 turn left, lock steps.

1&2      cross right behind left, step left beside right, step right in place,  
3&4&      cross left behind right, step right beside left, dig left heel fwd with 1/4 turn left, step left beside right,  
5-6      step fwd on right, tap left behind right,  
7&8      step fwd on right, lock left behind right, step fwd on right,

## Rock and coaster step, cross right over left, step back on left, chasse 1/4 right.

1-2      rock fwd on left, recover on right,  
3&4      step back on left, step right beside left, step fwd on left  
5-6      cross right over left, step back on left,  
7&8      chasse 1/4 turn right, stepping right, left, right,

## Step fwd on left, step right beside left with 1/4 turn left, sailor step, cross right over left, step left beside right with 1/4 turn right, sailor step.

1-2      step fwd on left, step right beside left with 1/4 turn left,  
3&4      cross left behind right, step right beside left, step left in place,  
5-6      cross right over left, step left beside right with 1/4 turn right  
7&8      cross right behind left, step left beside right, step right in place,

## Lock step to the right, rock out to right side, cross chasse left.

1-2      cross left over right, lock right beside left, ( still facing front),  
3&4      step left to right side, lock right beside left, step left to right side, ( still facing front),  
5-6      rock out to right side on right, recover on left,  
7&8      cross chasse left, stepping right, left, right,

## Behind side cross, behind side cross with 1/4 turn right.

1-2      rock out to left side, recover on right,  
3&4      cross left behind right, step right beside left, cross left over right,  
5-6      rock out to right side, recover on left,  
7&8      cross right over left, step left beside right with 1/4 turn right, cross right over left

## Shuffle back, back rock, shuffle fwd, step and tap.

1&2      shuffle back , stepping left, right, left,  
3-4      rock back on right recover on left,  
5&6      shuffle fwd, stepping, right, left, right,  
7-8      step fwd on left, tap right beside left,

## Rock to right side, cross rock, rock to right side, cross chasse left.

1-2      rock out to right side, recover on left,  
3-4      cross rock right over left, recover on left,  
5-6      rock out to right side, recover on left,  
7&8      cross chasse to left, stepping, right, left, right,

Rock to left side, recover on right with 1/4 turn right, walk fwd, left, right, left, walk fwd on right with 1/4 turn left, kick ball change.

1-2 rock out to left side, recover on right with 1/4 turn right,  
3-4 walk fwd left, right,  
5-6 walk fwd on left with 1/4 turn left and point right toe to right side  
7-8 rock fwd on right, recover on left.

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