

# Promises, Promises

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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