

Promise This

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Promise This - Cheryl



16 Count intro (6 secs)

S1: RIGHT LOCK STEP, KICK, WALK BACK WITH HITCHES.

1-4 Step fwd on right, Lock left behind right, Step fwd on right, Kick left fwd.
5-8 Step back on left, Hitch right knee, Step back on right, Hitch left knee.

S2: LEFT COASTER STEP, SCUFF, STEP ½ PIVOT, STEP ¼ PIVOT.

1-4 Step back on left, Step right next to left, Step fwd on left, Scuff right fwd.
5-8 Step fwd on right, Pivot ½ turn left, Step fwd on right, Pivot ¼ turn left. (3 o'clock)

S3: KICK CROSS SIDE ROCK RIGHT & LEFT. (travelling slightly forward)

1-4 Kick right across left, Cross step right over left, Step/Rock left to left side, Recover onto right.
5-8 Kick left across right, Cross step left over right, Step/Rock right to right side, Recover onto left.

S4: HEEL GRIND ¼ TURN, BACK ROCK, TOE STRUTS WITH FULL TURN.

1-2 Step right heel next to left (toes pointing to left diagonal), Make ¼ turn right grinding right heel.
3-4 Step/ Rock back on right, Recover fwd onto left.
5-6 Make ½ turn left stepping back on right toe, Snap right heel down.
7-8 Make ½ turn left stepping fwd on left toe, Snap left toe down. (6 o'clock)

***Restart here during wall 3 facing 12 o'clock

S5: SIDE ROCK, SAILOR STEP, BEHIND SIDE CROSS

1-2 Step/Rock right to right side, Recover onto left,
3-4-5 Cross right behind left, Step left to left side, Step right slightly fwd.
6-7-8 Cross left behind right (dipping slightly), Step right to right side, Cross left over right.

S6: MONTEREY 1/2 TURN RIGHT X 2

1-4 Point right to right side, Pivot ½ turn right on left stepping right next left, Point left to left side, Step left next to right.
5-8 (Repeat counts 1-4) (6 o'clock)

S7: LONG STEP RIGHT, BACK ROCK, SIDE TOGETHER FORWARD TOUCH.

1-4 Take a big step to right side, Drag left towards right, Rock left behind right, Recover onto right.
5-8 Step left to left side, Step right next to left, Step fwd on left, Touch right next to left.

S8: FIGURE OF EIGHT VINE RIGHT WITH ¼ TURN LEFT.

1-2-3 Step right to right side, Cross left behind right, Make ¼ turn right stepping fwd on right,
4-5-6 Step fwd on left, Pivot ½ turn right, Make ¼ turn right stepping left to left side,
7-8 **Cross right behind left, Make ¼ turn left stepping fwd on left. (3 o'clock)

Start again

Restart: *** at the end of section 4 during wall 3 (restart facing 12 o'clock)

Ending: ** Start your last wall facing 12 o'clock, when you get to sec 5 the beat stops but try and maintain the same speed.

When you get to count 7 sec 8 simply unwind $\frac{1}{2}$ turn right slowly to face 12 o' clock on count 8.
