

Promise!

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Niels Poulsen (DK) - August 2012
音乐: Promise (feat. Usher) - Romeo Santos : (iTunes)



Phrasing: 64, 64, 64, 32 (bridge), 64, 64, 32, 4, 44, 64, 30.

Note: I've choreographed Tag and Restarts so they all happen when facing 12:00. Easy!

Intro: 32 count intro, app. 15 seconds into track. Start with weight on L foot.

[1 – 8] Cross rock, side rock, weave, sweep

1 – 2 Cross rock R over L (1), recover back on L (2) 12:00
3 – 4 Rock R to R side (3), recover on L (4) 12:00
5 – 8 Cross R over L (5), step L to L side (6), cross R behind L (7), sweep L out to L side (8) 12:00

[9 – 16] Behind side forward, hold, step turn step, hold

1 – 4 Cross L behind R (1), step R to R side (2), step fw on L (3), hold (4) 12:00
5 – 8 Step fw on R (5), turn ½ L stepping onto L (6), step fw on R (7), hold (8) 6:00

[17 – 24] Full turn step, hold, step ¼ L cross, hold

1 – 4 Turn ½ R stepping back on L (1), turn ½ R stepping fw on R (2), step L fw (3), hold (4) 6:00
5 – 8 Step fw on R (5), turn ¼ L stepping onto L (6), cross R over L (7), hold (8) 3:00

[25 – 32] ½ rumba box, hold, paddle ¼ L X 2

1 – 4 Step L to L side (1), step R next to L (2), step fw on L (3), hold (4) 3:00
5 – 6 Step R fw (5), turn ¼ L stepping onto L rolling your hips to the L at the same time (6) 12:00
7 – 8 Step fw on R (7), turn ¼ L stepping onto L rolling your hips to the L at the same time (8) *
Restart here on wall 4 9:00

[33 – 40] Cross sweep X 2, jazz ¼ R, hold

1 – 4 Cross R over L (1), sweep L to L side (2), cross L over R (3), sweep R out to R side (4) 9:00
5 – 8 Cross R over L (5), step back on L (6), turn ¼ R stepping R to R side (7), hold (8) 12:00

[41 – 48] Cross rock side, hold, cross rock ¼ R, hold

1 – 4 Cross rock L over R (1), recover back on R (2), step L to L side (3), hold (4) * Restart here on wall 8 12:00
5 – 8 Cross rock R over L (5), recover back on L (6), turn ¼ R stepping fw on R (7), hold (8) 3:00

[49 – 56] Step lock step, step lock step, step L fw, hold

1 – 3 Step fw on L (1), lock R behind L (2), step fw on L (3) – travelling slightly diagonally L 3:00
4 – 6 Step fw on R (4), lock L behind R (5), step fw on R (6) – travelling slightly diagonally R 3:00
7 – 8 Step fw on L squaring up to 3 o'clock (7), hold (8) 3:00

[57 – 64] Mambo ½ R, hold, fw L, full turn L, hold

1 – 4 Rock fw on R (1), recover back on L (2), turn ½ R stepping fw onto R (3), hold (4) 9:00
5 – 8 Step fw on L (5), turn ½ L stepping back on R (6), turn ½ L stepping fw on L (7), hold (8) 9:00

BEGIN AGAIN and... ENJOY!

2 restarts: 1st is on wall 4, after 32 counts, facing 12:00. 2nd is on wall 8, after 44 counts, facing 12:00

TAG : There's a 4 count Tag, during wall 7, after 32 counts. To do your tag facing 12:00 you will have to change your 2 paddle turns from counts 29-32 to a ¾ turn L.

Change the first one to a ½ turn and the other to a ¼ turn L. Now add your 4 count tag and RESTART!

Your 4 count tag is the first 4 counts of the dance: Cross rock, side rock

1 – 2 Cross rock R over L (1), recover back on L (2) 12:00

3 – 4 Rock R to R side (3), recover on L (4) ... now Restart facing 12:00 12:00

ENDING You will automatically end facing 12:00 (during wall 10) when doing counts 25-29 ? 12:00

Contact: niels@love-to-dance.dk - www.love-to-dance.dk
