

My Promise To You

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ann Robb (UK) & Alex Robb (UK) - May 2013
音乐: This I Promise You - Lisa McHugh : (Album: Dreams Come To Life - iTunes)



Intro: 16 counts

Sec 1: R Side, Rock L Back, 1/4 Turn R, Sailor 1/2 Turn R, Full Turn R, L Scissor Step

1 Step Right to Right Side
2&3 Rock Left behind Right, Recover on Right, Turn 1/4 Right Stepping Back on Left
4&5 Step Right behind Turning 1/2 Right, Step Left next to Right, Step Forward on Right
6,7 Turn 1/2 Right Stepping Back on Left, Turn 1/2 Right Stepping Forward on Right
8&1 Step Left to Left Side, Step Right beside Left, Cross Left over Right

(Optional steps 6,7. Two Prissy Walks forward Left, Right)

Sec 2: Sway R, Sway L, Rock Back & Side, 1/4 Left X 2, Rock Back & Step Fwd L Diagonal

2,3 Step and Sway Right to Right Side, Sway Left to Left Side
4&5 Rock Right behind Left, Recover on Left, Step Right to Right Side
6,7 Turn 1/4 Left Stepping Forward on Left, Turn 1/4 Left Stepping Right to Right Side
8&1 Rock Left Behind Right, Recover on Right, Step Left Forward on Left Diagonal (1.30)

Sec 3: Run 5/8 Turning L, Side, Together, Side, Side, Drag, Hitch Cross, L Scissor Step

2&3 Run Forward turning 5/8 Left Stepping Right, Left, Step Right to Right Side (6.00)
4&5 Step Left Next to Right, Step Right Small Step to Right Side, Step Left Long Step to Left Side
6,7 Drag Right Beside Left, Cross Right over Left Slightly Hitching Right (Weight on Right)
8&1 Step Left to Left Side, Step Right beside Left, Cross Left over Right

Sec 4: 1/4 Sweep L, Cross, L Coaster Step, R Lock Step Fwd, L to L Side

2,3 On Ball of Left Turn 1/4 Left Sweeping Right Forward, Cross Right over Left Stepping Down on Right
4&5 Step Back on Left, Step Right Next to Left, Step Forward on Left
6&7 Step Forward on Right, Step Left behind Right, Step Forward on Right
8 Step Left to Left Side

Begin Again - No Tags, No Restarts

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