

# My Pledge (Is My Bond)

拍数: 34      墙数: 2      级数: Improver  
编舞者: David Lawson & Janene Lawson (AUS) - May 2014  
音乐: Man of My Word - Collin Raye : (Album: Extremes.)



**Start: Weight on left, start on lyrics.**

**[1 - 8] □ Side rock, behind side cross, side rock  $\frac{3}{4}$  triple turn left:**

1 - 2      Rock R to R side, recover to L,  
3 & 4      Step R behind L, step L to L side, Step R in front of L,  
5 - 6      Rock L to L side, recover to R.  
7 & 8      Turn  $\frac{3}{4}$  L, triple step L, R, L.

**[9 - 16] □ Rock forward, recover, slow sweep, slow sweep, coaster step, shuffle forward:**

1 - 2      Rock forward on R, recover to L,  
3 - 4      Sweep R around to R and behind L, Sweep L around to L and behind R  
5 & 6      Step R back, step L alongside R, step R forward.  
7 & 8      Shuffle forward L, R, L.

**[17 - 24] □ Step  $\frac{1}{4}$  pivot, cross shuffle, step back  $\frac{1}{4}$  turn, step back, coaster step:**

1 - 2      Step R forward, pivot  $\frac{1}{4}$  turn L,  
3 & 4      Cross R in front of L, step L to L side, cross R in front of L,  
5 - 6      Step L back, turning  $\frac{1}{4}$  R, step R back,  
7 & 8      Step L back, step R alongside L, step L forward,

**[25 - 32] □ Shuffle forward, step  $\frac{1}{4}$  pivot, cross samba, cross samba:**

1 & 2      Shuffle forward R, L, R,  
3 - 4      Step L forward, pivot  $\frac{1}{4}$  turn R,  
5 & 6      Cross L over R, rock onto R, recover to L,  
7 & 8      Cross R over L, rock onto L, recover to R.

**[33 - 34] Shuffle forward, hitch:**

1 & 2 &      Shuffle forward L, R, L, hitch R knee across left.

**Repeat on new wall.**

**Restart: On wall 4 (facing 6:00), dance to count 16, then start again.**

**Note: After the restart, you will be dancing to the side walls.**

Happy Dancin'