

I Promise

COPPER KNOB
BY STEPHEN HETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Phil Carpenter (UK) - March 2015
音樂: I Promise - Texas Lightning : (CD: Meanwhile Back At The Ranch. iTunes)



INTRO: START ON VOCALS (And I Promise to Love You.) as main beat kicks in approx 27secs in.

SECTION 1: □RIGHT & LEFT CROSS POINTS, WALK FORWARD, RIGHT KICKBALL ½ TURN LEFT.

1 -2 Right cross over Left, Point Left to Left side,
3 - 4 Left cross over Right, point Right to Right side,
5 - 6 Walk forward Right, Left
7 & 8 Right kick forward, Right step forward slightly, ½ Turn Left. (6.00) (w.o.l.)

**SECTION 2: □RIGHT & LEFT CROSS POINTS, WALK FORWARD, RIGHT KICKBALL ½ TURN LEFT.
[9 - 16] □REPEAT STEPS 1 - 8 (12.00)**

Restart dance at this point during Walls 2 (3.00) & 5 (9.00)

SECTION 3: □RIGHT CROSS ROCK, RECOVER, TRIPLE ¾TURN RIGHT, LEFT ROCK RECOVER, LEFT COASTER STEP.

17 - 18 Right cross over Left, Recover weight on Left.
19 & 20 Triple ¾ Right turn stepping Right, Left, Right. (9.00)
21 - 22 Left rock forward, Recover weight on Right.
23 & 24 Left step back, Right step beside Left, Left step forward.

SECTION 4: □RIGHT SIDE & TOUCH, LEFT SIDE TURNING ¼ LEFT & TOUCH, WALK BACK RIGHT, LEFT, RIGHT SHUFFLE BACK.

25 - 26 Right step to Right side, Left touch beside Right.
27 - 28 Left step to Left side turning ¼ Left, Right touch beside Left. (6.00)
29 - 30 Walk back Right, Left
31 & 32 Right step back, Left step beside Right, Right step back.

SECTION 5: □LEFT BACK ROCK ,RECOVER, LEFT SHUFFLE FORWARD, RIGHT HEEL DIG, RIGHT HEEL DIG TURNING ¼ RIGHT, RIGHT HEEL BALL CROSS,HOLD.

33 - 34 Left rock back, Recover weight on Right.
35 & 36 Left step forward, Right step beside Left, Left step forward
37 - 38 Right heel dig fwd, On ball of Left swivel ¼ turn Right and dig Right heel fwd.(9.00)
& 39 - 40 Right step back, Left cross over Right, Hold.

SECTION 6: SIDE RIGHT WITH HIPS SWAYS RIGHT AND LEFT, CHASSE RIGHT, LEFT CROSS ROCK, SHUFFLE LEFT TURNING ¼ TURN LEFT.

41 - 42 Right step to Right side swaying hips Right, Sway hips back to Left (w.o.l.)
43 & 44 Right step to Right, Left step beside Right, Right step to Right side.
45 - 46 Left cross over Right, Recover weight on Right
47 & 48 Left step to Left turning ¼ turn Left, Right step beside Left, Left step forward. (6.00)

SECTION 7: MODIFIED MONTERY ¼ TURN RIGHT, & WALK FORWARD RIGHT,LEFT,RIGHT FORWARD, PIVOT ½ TURN LEFT.

49 - 50 Right touch to Right side, on ball of Left pivot ¼ turn Right stepping Right beside Left.
51 - 52 Left point to Left side, Hold.
& 53 - 54 Left step beside Right, Walk forward Right, Left
55 - 56 Right step forward, Pivot ½ Turn Left. (w.o.l.) (3.00)

REPEAT DANCE FACING NEW WALL - ENJOY & HAVE FUN!

Choreographers Note: Restart required during walls 2 & 5.

Big Finish: Wall 7, only dance steps 1 –48, you will be facing 6.00. Then as follows.

49 – 50 Right touch to Right side, on ball of Left pivot ½ turn Right stepping Right beside Left. (12.00)
51 – 52 . □Left point to Left side, Hold.
& 53 – 54 Left step beside Right, Walk forward Right, Left.
55 & 56 Right step forward, Left Step beside Right, Right step forward.
57 Left step forward, Finish with a flourish Ta Dah.

Contact: TEL: (01737) 249368. MOBILE: 07557 969736. E/MAIL: philpcarpenter7@sky.com
