

# I Promise You (愛的承諾) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Craig Bennett (UK) - 2009年03月  
音樂: This I Promise You - Ronan Keating : (CD: Bring You Home)



前奏 : 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

## 第一段 Side Behind Sweep, Behind Side Cross, Rock Recover, ¼ ½ ½ Cross 側後繞, 後旁前, 下沉回復, 1/4, 轉轉交叉

- 1-3 Step right to right side, step left behind right, sweep right around and behind left 右足右踏, 左足於右足後踏, 右足繞至左足後
- 4&5 Step right behind left, step left to left side, step forward onto right  
右足於左足後踏, 左足左踏, 右足前踏
- 6&7 Rock forward onto left, Recover onto right, Make ¼ turn left stepping left to left side 左足前下沉, 右足回復, 左轉90度左足左踏
- 8&1 ½ turn left stepping right to right side, Make a ½ left stepping left to left side, cross right over left (9 o'clock)  
左轉180度右足右踏, 左轉180度左足左踏, 右足於左足前交叉踏(面向9點鐘)

## 第二段 Back, Side, Step, Rock Recover, ¼ ½ Cross 後旁前, 下沉回復 1/4, 1/2 交叉交換

- 2-4 Step back onto left, Step right to right side, step forward onto left  
左足後踏, 右足右踏, 左足前踏
- 5&6 Rock forward onto right, Recover back onto left, Make a ¼ turn right stepping right to right side  
右足前下沉, 左足回復, 右轉90度右足右踏
- 7&8& Make ½ turn right stepping left to left side, cross right over left, right stepping left to left side, cross right over left (6 o'clock)  
右轉180度左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

## 第三段 Lunge Left, Step Full Turn Step, Rock Recover Side, Coaster Step 左曲膝, 踏轉圈踏, 下沉回復側踏, 海岸步

- 1-2 Rock left to left side, (lunge) Recover onto right  
左足左下沉(曲膝踏), 右足回復
- 3&4 Cross left over right, unwind a full turn right, step left to left side  
左足於右足前交叉踏, 右繞轉圈, 左足左踏
- 5&6 Rock back onto right, Recover onto left, Step right to right side  
右足後下沉, 左足回復, 右足右踏
- 7&8 Step back onto left, step right beside left, step forward onto left (6 o'clock) 左足後踏, 右足併踏, 左足前踏(面向6點鐘)

## 第四段 Step, ¼, Rock, Recover, Sailor ½ Left, Rock Recover, Side, Together 踏 1/4, 下沉回復, 轉水手, 下沉回復, 側併

- 1-2 Step forward onto right, ¼ turn right pointing left to left side  
右足前踏, 右轉90度左足左點(面向9點鐘)
- 3-4 Press forward left, recover onto right sweeping left around to back on right 左足前壓踏, 右足回復  
左足繞至後
- 5&6 Make a ½ turn left stepping back onto left, Step right to side, step left to left side 左轉180度左足後踏, 右足右踏, 左足左踏(面向3點鐘)

7&8& Rock back onto right, Recover onto left, step right to right side, step left in place (3 o'clock)  
右足後下沉, 左足回復, 右足右踏, 左足踏(面向3點鐘)

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