

# I Promised Myself

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Jennifer Jou (TW) - September 2015  
音樂: I Promised Myself - Nick Kamen



**Intro: 48 counts - Sequence:64/64/64/48/64/64/64**

**Sec 1: SIDE.HOLD,TOGETHER,CHASSE R,CROSS,RECOVER,1/4 TURN LEFT SAILOR STEP**

1 2&      Step RF to right side,hold,step LF together,  
3&4      Step RF to right side,step LF together RF,step RF to right side  
5 6      Cross LF over RF,recover weight onto RF  
7&8      1/4 turn left step LF behine RF,step RF to right side,step LF forward 9:00

**Sec 2: ROCK,RECOVER,FORWARD,ROCK,RECOVER,FORWARD,FORWARD,RECOVER,3/4 TRIPLE STEP**

1&2      Rock RF to right side,recover onto LF,forward RF over LF  
3&4      Rock LF to left side,recover onto RF,forward LF over RF  
5 6      Step RF forward,recover onto LF  
7&8      3/4 turn right triple step in place RLR 6:00

**Sec 3: ROCK,RECOVER,TOGETHER,CROSS SHUFFLE,ROCK,1/4 TURN RIGHT,SHUFFLE FORWARD**

1 2&      Rock LF to left side,recover onto RF,step LF beside RF  
3&4      Cross RF over LF,step LF to left side,cross RF over LF  
5 6      Rock LF to left side,1/4 turn right weight onto RF  
7&8      Step LF forward,step RF behine LF,step LF forward 9:00

**Sec 4: KICK BALL TOUCH\*2,1/4 TURN RIGHT CROSS STEP**

1&2      Kick RF forward,step down on RF,touch LF to left side  
3&4      Kick LF forward,step down on LF,touch RF to right side  
5 6      1/4 turn right Cross RF over LF,step LF to left side  
7&8      Cross RF over LF,step LF to left side,cross RF over LF 12:00

**Sec 5: 1/4 TURN RIGHT LOCK STEP, CHASSE R,1/2 TURN RIGHT CHASSE L**

1 2      1/4 turn right step LF forward,lock RF behine LF 3:00  
3&4      Step LF forward,lock RF behine LF,step LF forward  
5&6      Step RF to right side,step LF beside RF,step RF to right side  
7&8      1/2 turn right step LF to left side,step RF beside LF,step LF to left side 9:00

**Sec 6: TOUCH,1/4 TURN RIGHT TOUCH,COASTER R,TOUCH,1/2 TURN RIGHTSIDE TOUCH, COASTER L**

1&2      Touch R toe forward,touch,1/4 turn right touch R toe forward  
3&4      Step RF on back, step LF next to RF,step forward on RF 12:00  
5&6      Touch L toe forward,1/2 turn right touch L toe to left side  
7&8      Step LF back, step RF next LF,step LF forward 6:00

**Sec 7: FORWARD,HOLD, BEHIND, FORWARD, 1/2 TURN RIGHT, TOUCH FORWARD,TOUCH BACK, SHUFFLE FORWARD**

1 2&      Step RF forward, hold, step LF behine RF  
3 4      Step RF forward,1/2 turn right flick LF behine RF 12:00  
5 6      Touch LF forward,touch LF back  
7&8      Step LF forward,lock RF behine LF ,step LF forward 12:00

**Sec8: ROCK, RECOVER, TOGETHER, ROCK, RECOVER, COASTER, STEP FORWARD, 1/2 TURN LEFT**

1 2&      Rock RF to right side, recover onto LF, step RF beside LF  
3 4      Rock LF to left side, recover onto RF,  
5&6      Step LF back, step RF beside LF, step LF forward  
7 8      Step RF forward, 1/2 turn left weight onto LF 6:00

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