

# My Promised Land

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Kim Liebsch (DK) - December 2015  
音樂: Promised Land - Omi



**Intro: 32 counts after 1'st beat( appr. 15 seconds) Start with weight on L foot**

**Ending: Step ½ L turn to face 12:00**

**( If video is not available, contact me on e-mail: [liebsch@ymail.com](mailto:liebsch@ymail.com))**

**#1 section: □Rock recover, shuffle back, back rock, shuffle fw. □**

1-2            Rock fw. on R, recover on L □ 12:00  
3&4           Step back on R, step L next to R, step back on R □ 12:00  
5-6           Rock back on L, recover on R □ 12:00  
7&8           Step fw. on L, step R next to L, step fw. on L □ 12:00

**#2 section: □Walk full circle L, cross rock chasse' □**

1-4            Walk a full circle L stepping R-L-R-L □ 12:00  
5-6           Cross R over L, recover on L □ 12:00  
7&8           Step R to R side, close L beside R, step R to R side □ 12:00

**#3 section: □Walk full circle R, chasse' ¼ turn □**

1-4            Walk a full circle R stepping L-R-L-R □ 12:00  
5-6           Cross L over R, recover on R □ 12:00  
7&8           Make ¼ turn L stepping fw. on L, close R beside L, step fw. on L □ 9:00

**#4 section: □Rocking chair, step ½ turn, kick ball step □**

1-2            Rock fw. on R, recover on L □ 9:00  
3-4            Rock back on R, recover on L □ 9:00  
5-6           Step fw. on R make ½ turn L stepping fw. on L □ 3:00  
7&8           Kick R fw. step R next to L, step fw. on L □ 3:00

**Good Luck & N'joy!**

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