

# Promises Promises

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Gary Lafferty (UK) - September 2016  
音樂: "Promises" by Katy Hurt - 154 bpm



## #16-count intro

### TOE-STRUT, TOE-STRUT, KICK, KICK, BACK, TOUCH

- 1-4      Touch Right toe forward, lower Right heel to floor, touch Left toe forward, lower Left heel to floor  
5-8      Kick Right foot forward, kick Right foot forward again, step back on Right foot, touch Left foot beside Right

### LEFT LOCK-STEP FORWARD, BRUSH; RIGHT LOCK-STEP FORWARD, HOLD

- 1-4      Step forward on Left foot, lock-step Right foot behind Left, step forward on Left foot, brush Right foot forward  
5-8      Step forward on Right foot, lock-step Left foot behind Right, step forward on Right foot, HOLD

### LEFT ROCKING CHAIR; STEP FORWARD, ¼ PIVOT, CROSS, HOLD

- 1-4      Rock forward on Left foot, recover weight back onto Right foot, rock back on Left foot, recover weight onto Right  
5-8      Step forward on Left foot, pivot ¼ turn to Right, cross-step Left foot over Right, hold

### RIGHT TOE-STRUT, CROSSING LEFT TOE-STRUT; POINT, ½ TURN, POINT TOGETHER

- 1-4      Touch Right toe out to Right side, lower Right heel to floor, cross-touch Left foot over Right, lower Left heel to floor  
5-6      Point Right foot out to Right side, turn ½ Right stepping down onto Right foot  
7-8      Point Left foot out to Left side, step on Left foot beside Right

## START AGAIN

Important Note – the music is available FREE from the artists website ([www.katyhurt.com](http://www.katyhurt.com)) or from Gary via email : [gary@garylafferty.co.uk](mailto:gary@garylafferty.co.uk) ... it is also available to listen via SoundCloud : <http://bit.do/PromisesPromises>