

I'm Gonna Break Some Promises (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0 級數: Easy Contra Partnerdance
編舞者: Tonnie Vos (NL) - November 2016
音樂: Dallas Wayne - I'm Gonna Break Some Promises



Intro: 16 Counts / Tellen: 32□□
Danspositie: Side by Side (LOD)

Passen v/d Dame : Lady is Right v/d Man / L-hand v/d Lady & R-hand v/d Man. (LOD)(12)

DS:1□R,L Heel Dig, Shuffle Right Fwd, Left Mambo Step, Shuffle ½ Turn Right

1& Touch R-Heel Forward / Step RF beside LF
2& Touch L-Heel Forward / Step LF beside RF
3&4 Step Right Forward / Step Together / Step Right Forward
5&6 Rock Left Forward / Recover on Right / Step LF Back beside RF

Hands Loosely , During The Rotary Their Backs To Each Other

7&8 Step ¼ Turn Right Side, Step Together / Step ¼ Turn Right Forward (RLOD)(6)

Lady R-hand & Man L-hand

DS:2□Left Mambo Step, Right Coasterstep, Step ¼ Pivot Turn Right, Step Touch R,L

1&2 Rock Left Forward / Recover on Right / Step LF Back beside RF
3&4 Step Right Back / Step Together / Step Right Forward
5&6 Step Left Forward / Turn on L+R ¼ Turn Right (ILOD)(9) / Left Across Right

Take Both Hands

7&8& Step Right Side / Touch beside Right / Step Left Side / Touch beside Left

DS:3□Chasse ¼ Turn Right, Shuffle Left Fwd, Full Turn Left, Shuffle Right Fwd

1&2 Step Right Side / Step Together / Step ¼ Turn Right Forward (LOD)(12)

Release The R-Hand

3&4 Step Left Forward / Step Together / Step Left Forward
5-6 Step ½ Turn Left Back on RF (RLOD)(6) / Step ½ Turn Left Forward (LOD)(12)

During The Rotary Hands Loose , L-Hand & R-Hand of The Heer

7&8 Step Right Forward / Step Together / Step Right Forward

DS:4□Left Cross Rock, Recover, &, Right Cross Rock Recover &, Walk L,R Back, Run L,R,L Fwd

1&2 LF Rock Cross over RF / Recover on Right / Step LF Back beside RF
3&4 RV Rock Cross over LF / Recover on Left / Step RF Back beside LF
5-6 Walk Left Forward / Walk Right Forward
7&8 Run Left Forward / Run Right Forward / Run Left Forward

Optie: Tel 7&8 Lady Tripple Step on Place/ Man Run to The Next lady

Passen v/d Man : Man is Left v/d Lady / R-hand v/d Lady & L-hand v/d Man.

S:1□L,R Heel Dig , Shuffle Left Fwd, Right Mambo Fwd, Shuffle ½ Turn Left

1& Touch L-Heel Forward / Step LF beside RF
2& Touch R-Heel Forward / Step RF beside LF
3&4 Step Left Forward / Step Together / Step Left Forward
5&6 Rock Right Forward, Recover on Left / Step Back beside LF

Hands Loosely , During The Rotary Their Backs To Each Other

7&8 Step ¼ Turn Left Side, Step Together / Step ¼ Turn Left Forward (RLOD)(6)

Lady R-hand & Man L-hand

S:2□Right Mambo Step, Left Coaster Step, Step ¼ Pivot Turn Left, Step Touch L,R

1&2 Rock Right Forward / Recover on Left / Step Back beside RF
3&4 Step Left Back / Step Together / Step Left Forward

5&6 Step Right Forward / Turn on R+L ¼ Turn Left (OLOD((9) / Right Across Left

Take Both Hands

7&8& Step Left Side / Touch beside Left / Step Right Side / Touch beside Right

S:3□Chasse ¼ Turn Left, Shuffle Right Fwd, Full Turn Right, Shuffle Left Fwd

1&2 Step Left Side / Step Together / Step ¼ Turn Left Forward (LOD)(12)

Release The R-Hand

3&4 Step Right Forward / Step Together / Step Right Forward

5-6 Step ½ Turn Right Back on LF (RLOD)(6) / Step ½ Turn Right Forward (LOD)(12)

During The Rotary Hands Loose , L-Hand & R-Hand of The Heer

7&8 Step Left Forward / Step Together / Step Left Forward

S:4□Right Cross Rock, Recover, Left Cross Rock, Recover, Walk L,R Fwd, Run L,R,L Fwd

S:4□Left Cross Rock, Recover, &, Right Cross Rock Recover &, Walk L,R Back, Run L,R,L Fwd

1&2 RF Rock Cross over LF / Recover on Left / Step RF Back beside LF

3&4 LF Rock Cross over RF / Recover on Right / Step LF Back beside RF

5-6 Walk Right Forward / Walk Left Forward

7&8 Run Right Forward / Run Left Forward / Run Right Forward

***Option:-**

***7&8 Lady Triple Step on Place/ Man Run to The Next lady**

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