

Promise U

拍數: 32 牆數: 4 級數: Beginner
編舞者: Betty Lee (CAN) - December 2016
音樂: This I Promise You - Ronan Keating



Start on lyric: "Love"

S 1: FORWARD ROCK, SHUFFLE FULL TURN R, FORWARD ROCK, SHUFFLE $\frac{3}{4}$ L

1-2 Rock step R forward, Recover onto L
3&4 Triple steps R, L, R making full turn R
5-6 Rock step L forward, Recover onto R
7&8 Triple steps L, R, L making $\frac{3}{4}$ turn L (3:00)

** Less turning option:

3&4 Triple steps R,L,R in place
5-6 Rock step L forward, $\frac{1}{4}$ R stepping back R
7&8 Cross L over R, Step R to R, Cross L over R

S 2: SIDE, TOGETHER, LOCK STEP FORWARD, SIDE, TOGETHER, LOCK STEP BACK

1-2 Step R to R, Step L next to R
3&4 Step R forward, Lock step L behind R, Step R forward
5-6 Step L to L, Step R next to L
7&8 Step back L, Lock step R in front to L, Step back L

S 3: LOCK STEPS BACK X2, SHUFFLE $\frac{1}{2}$ R TWICE

1&2 Step R, Lock step L in front of R, Step back R
3&4 Step back L, Lock Step R in front of L, Step back L
5&6 $\frac{1}{4}$ R step R to R, Step L next to R, $\frac{1}{4}$ R step R forward
7&8 $\frac{1}{4}$ R step L to L, Step R next to L, $\frac{1}{4}$ R step back L

** Less turning option

5&6 Step R Back, Recover to L, Step R forward slightly (R back mambo)
7&8 Step L forward, Recover to R, Step L back slightly (L forward mambo)

S 4: SIDE ROCK, CROSS, HOLD, SIDE ROCK, CROSS, HOLD

1-4 Rock step R to R, Recover onto L, Cross R over L, Hold
5-8 Rock step L to L, Recover onto R, Cross L over R, Hold

Option for section 4:

1-2 rock step R to R side, recover to L
3&4 cross R over L, step L to L side, cross R over L
5-6 rock step L to L side, recover to R
7&8 cross L over R, step R to R side, cross step L over R

REPEAT

Last Update - 11 Nov. 2019