

# 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