

Promise Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maggie Gallagher (UK) - March 2017
音樂: Remember Me - Jennifer Hudson : (amazon.co.uk)



Intro: 16 counts (8 secs)

S1: WALK, ¼ TOUCH, ¼, ¼ SWEEP, CROSS, BACK, BACK, REVERSE ANCHOR STEP

1-2 Walk forward on right, ¼ right touching left next to right [3:00]
3-4 ¼ left stepping forward on left, ¼ left ronde sweep right from back to front [9:00]
5-6-7 Cross right over left, Step back on left, Step back on right
8&1 Cross left over right, Step weight onto right, Step slightly forward on left

S2: WALK, WALK, ANCHOR STEP, POINT, ½, ¼ BUMP

2-3 Walk forward on right, Walk forward on left
4&5 Lock right behind left, Step weight onto left, Step slightly back on right
6-7 Point left behind right, Unwind ½ left (weight ends on left) [3:00]
8 ¼ left stepping right to right side bumping hips to right and popping left knee in [12:00]

S3: SIDE, TOGETHER, L CHASSE, CROSS ROCK, R CHASSE

1-2 Step left to left side, Step right next to left
3&4 Step left to left side, Step right next to left, Step left to left side
5-6 Cross rock right over left, Recover on left
7&8 Step right to right side, Step left next to right, Step right to right side

S4: BEHIND ROCK, ¼, TOUCH, R DOROTHY, L DOROTHY

1-2 Cross rock left behind right, Recover on right
3-4 ¼ right stepping back on left, Touch right next to left [3:00] **Tag and Restart Wall 5
5-6& Step right forward on right diagonal, Lock left behind right, Step right forward
7-8& Step left forward on left diagonal, Lock right behind left, Step left forward

S5: SIDE ROCK & SIDE ROCK & BACK, BACK, COASTER

1-2& Rock right to right side, Recover on left, Step right next to left
3-4& Rock left to left side, Recover on right, Step left next to right
5-6 Walk back on right, Walk back on left
7&8 Step back on right, Step left next to right, Step forward on right

S6: ¼ BUMP LRL, ½ BUMP RLR, ¼, ¼, L SAILOR

1&2 ¼ right stepping left to left side bumping hips to left, Bump hips right, Bump hips left [6:00]
3&4 ½ left stepping right to right side bumping hips to right, Bump hips left, Bump hips right [12:00]
5-6 ¼ left stepping forward on left, ¼ left stepping right to right side [6:00]
7&8 Cross left behind right, Step right to right side, Step left to left side

S7: WALK, WALK, FWD MAMBO, BACK, BUMP BACK, BUMP LRL

1-2 Walk forward on right, Walk forward on left
3&4 Rock forward on right, Recover on left, Step right next to left
5-6 Walk back on left, Step back on right bumping hips back
7&8 Bump hips forward, Bump hips back, Bump hips forward *Restart Wall 4

S8: CROSS, SWEEP, FRONT, SIDE, BEHIND, SWEEP, BEHIND, SIDE

1-2 Cross right over left, Ronde sweep left from back to front
3-4 Cross left over right, Step right to right side

5-6 Cross left behind right, Ronde sweep right from front to back
7-8 Cross right behind left, Step left to left side

TAG 1: End of Wall 2 facing [12:00]
Repeat the last 8 counts of the dance

TAG 2: End of Wall 3 facing [6:00]

1-2 Rock forward on right pushing hips forward, Recover on left

3-4 Rock back on right pushing hips back, Recover on left

***RESTART: Wall 4 after 56 counts (end of S7) facing [12:00]**

****TAG & RESTART: Wall 5 after 28 counts facing [3:00]**

1-2 Cross right over left, HOLD (starting to walk a $\frac{3}{4}$ left turn)

3-4 $\frac{1}{4}$ left walking forward on left, HOLD [12:00]

5-6 $\frac{1}{4}$ left slightly crossing right over left, HOLD [9:00]

7-8 $\frac{1}{4}$ left walking forward on left, HOLD [6:00]

9-16 Dance the last 8 counts of the dance (S8), and restart the dance from the beginning

Ending: Wall 7 after 22 counts, take a big step to right dragging left to meet right facing [12:00]
