

I Promise You

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Judy Rodgers (USA) - August 2017
音樂: This I Promise You - *NSYNC : (amazon)



#32 count intro (will be 2 counts before the vocals)□□

S1: □□ Cross, turn 1/4 R, step lock step, turn 1/4 L point hold, sailor turn 5/8 R

1-2 Cross R over L, turn 1/4 right step L back - 3:00
3&4 Step R back, lock L over R, step R back
&5-6 Turn 1/4 left step L to left side (turn upper body diag left), point R to right side, hold - 12:00
7&8 Sweep/turn 5/8 right step R behind L, step L to left side, step R to right fwd diagonal - 7:30

S2: □□ Rock recover back, back turn 3/8 L, turn 1/2 L, turn 1/2 L, rock recover turn 1/4 R

1&2 Rock L fwd, recover R, step L back (still on diagonal)
3-4 Step R back, turn 3/8 step L fwd □ 3:00
5-6 Turn 1/2 left step R back, turn 1/2 left step L fwd
7&8 Rock R fwd, recover L, turn 1/4 right step R to side - 6:00

S3: □□ Cross rock & cross turn 1/4 R, coaster step, step, point

1-2& Cross rock L over R, recover R, step L to left side
3-4 Cross rock R over L, turn 1/4 right step L back - □ 9:00
5&6 Step R back, step L beside R, step R fwd
7-8 Step L fwd, point R to right side

****Restart Wall 8 (wall 8 starts 3:00, restarts -12:00)**

S4: □□ Sweep sailor turn 1/2 R, rock recover, step turn 1/2 R, shuffle

1&2 Sweep turn 1/2 R step R behind L, step L to left side, step R slightly fwd - 3:00
3-4 Rock L fwd, recover R
5-6 Step L back, turn 1/2 right step R fwd - 9:00
7&8 Step L fwd, step R beside L, step L fwd

One Tag danced 2 times:

Add the following 4 cnts after Wall 3 (starts 6:00, ends 3:00) and Wall 6 (starts 9:00 ends 6:00):

1-4 Sway R, L, R, L

One Restart: on Wall 8 (starts 3:00) dance 24 counts and restart at 12:00

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