

# Promise Me No Promises

**COPPER** **KNOB**  
BY STEPHEN T. S.

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Christa Thomas (USA) - September 2017  
音樂: No Promises (feat. Demi Lovato) - Cheat Codes



## Intro: 48 Counts

### [1-8] SIDE RIGHT, TOUCH BACK-SIDE-BACK, SIDE TOUCHES, ¼ TURN RIGHT, TOUCH

1                    R step to right side (big step)  
2,3,4                L touch behind right, L touch side, L touch behind right  
5&6&                L touch to left side, L step next to right, R touch to right side, R step next to right  
7&8                    L touch to left side, L step back ¼ turn right, R touch forward (knee bent)

### [9-16] WALK FORWARD, FORWARD COASTER, WALK BACK, SAILOR, CROSS

1,2                    Walk forward R, L  
&3                    R step forward, L step forward  
4,5,6                Walk back R, L, R (option heel fans on opposing foot)  
7&8                    L step behind right, R step to right side, L cross over left

### [17-24] TAP, PRESS, RECOVER, SAILOR ¼ TURN LEFT, KNEE POPS, MAMBO FORWARD

&1,2                  R tap to right side, R press to right side, L recover  
3&4                    R step behind left, L step forward ¼ turn left, R step forward  
5,6                    L step forward while popping right knee, R step forward while popping left knee  
7&8                    L rock step forward, R recover, L step next to right

### [25-32] ½ BUMP STEP, ¼ BUMP STEP, SAILOR STEP, SAILOR, CROSS

1,2                    R touch forward ½ turn right bumping hip, R step forward  
3,4                    L touch ¼ turn left to left side bumping hip, L step to left side  
5&6                    R step behind left, L step to left side, R step to right side  
7&8                    L step behind right, R step to right side, L cross over right

**REPEAT AND ENJOY!**

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