

# No Promises

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Wiesye Baraoh (INA) - November 2017  
音樂: No Promises (feat. Demi Lovato) - Cheat Codes



## No Tag No Restart

### (S1) SAMBA WHISK, ¼ TURN R – SAMBA WHISK, R MAMBO FORWARD, L MAMBO BACK

1 & 2      Step Right to Right side, cross L behind R, recover on Right  
3 & 4      ¼ turn R - Step Left to Left side, Cross R behind L, recover on Left  
5 & 6      Step R Forward, Recover on L, Step R back  
7 & 8      Step L back, Recover on R, Step L forward

### (S2) CROSS TOUCH, SIDE TOUCH, R BOTAFOGO, CROSS TOUCH, SIDE TOUCH, L BOTAFOGO

1 2      Touch R cross over L, touch R to R side  
3 & 4      Cross R over L, Step L to L side, Recover on R  
5 6      Touch L cross over R, touch L to L side  
7 & 8      Cross L Over R, Step R to R side, Recover on L

### (S3) CROSS SHUFFLE R – CROSS SHUFFLE L , ¾ TURN R WITH STEP BALL, FORWARD

1 & 2      Cross R over L, Step L to L side, Cross R over L  
4 & 5      Cross L over R, Step R to R side, Cross L over R  
5 &      Turn ¼ R – stepping forward on R, Step ball on L behind R  
6 &      Turn ¼ R – Repeat about step  
7 &      Turn ¼ R – Repeat about step  
8      Step R Forward

### (S4) ¼ Turn L SAMBA DIAMOND, BACK, SIDE, FORWARD, FORWARD, RECOVER, COASTER STEP

1 & 2      Cross L over R, Step R to R side, ¼ turn L – Step back on L  
3 & 4      Step Back on R, Step L to L side, Step R Forward  
5 6      Step L Forward, Recover on R  
7 & 8      Step back on L, Step R close together L, Step L Forward

Contact: [bwiesye@yahoo.com](mailto:bwiesye@yahoo.com)