

No Promises

拍數: 32 牆數: 2 級數: Beginner +
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音樂: Promises - Calvin Harris & Sam Smith



Start on the lyric

section 1 : walk, walk, rock and cross, ½ turn , cross shuffle

1-2 step right foward , step left foward
&3-4 step right on right side , recover onto on left , cross right over left 12:00
5-6 ¼ turn to right with step left back, ¼ turn to right step right on right side
7&8 cross left over right , step right on right side , cross left over right 6:00

section 2 : side rock , coaster step, out out, hold , rock back

1-2 right side rock , recover onto left
3&4 step right back, step left to right , step right foward
&5-6 step left foward on left diagonale, step right foward on right diagonale, hold
7-8 right rock back , recover onto left

Restarts here on wall 5 (face to 6:00) and wall 12 (face to 12:00)

section 3 : step pivot ½ turn , shuffle foward , rock step foward , triple step ½ turn

1-2 step right foward , pivot ½ turn to left 12:00
3&4 step right foward, left next to right , step right foward
5-6 left rock foward , recover onto right
7&8 ½ turn on left , step left foward ,right next to left , step left foward 6:00

section 4 : jazz box , & cross, hold , side rock

1-2-3-4 cross right over left , step left back , step right on right side , left next to right
&5-6 step right on right side (with jump) , cross left over right , hold
7-8 right side rock on right, recover onto left