

# The Promise

拍數: 42      牆數: 1      級數: Novice Irish waltz  
編舞者: Martina Bucco (DE) - September 2018  
音樂: The Promise - Marc Roberts : (Album: The Promise)



## [1-6] Step, Sweep, Step, Sweep, Step, Step, Cross, Sweep, Cross, Step, Cross, Hold

1            LF step forward, RF sweep from back to front, RF step forward  
2            LF sweep from back to front, LF step forward  
3            RF step right  
&            LF cross behind RF  
4            RF sweep from front to back  
5            RF cross behind LF  
&            LF step left  
6            RF cross over LF, Hold

## [7-12] Full Turn, Step, Sweep, Step, Sweep, Step, Step, Cross, Sweep

1-2          Full turn on both feet left  
3            RF step forward, LF sweep from back to front, LF step forward  
4            RF sweep from back to front, RF step forward  
5            LF step left  
&            RF cross behind LF  
6            LF sweep from front to back

## [13-18] Cross, Step, Cross, 1 1/4 Turn, Twikle

1            LF cross behind RF  
&            Rf step right  
2            LF cross over RF  
3-4          1+1/4 turn right  
5            LF step diagonal forward right  
&            RF step beside LF with 1/8 turn left  
6            LF step forward

## [19-24] Cross, 1/4 Turn, 1/4 Turn, Check, Step, Check, Step

1            RF cross over LF  
&            LF step back with 1/4 turn right  
2            RF step right with 1/4 turn right  
3            LF step diagonal right forward (Bend left knee)  
&            Weight back to RF  
4            LF step left  
5            RF step diagonal left forward (bend right knee)  
&            weight back to LF  
6            RF step beside LF

## [25-30] Box, 1/2 Heel Turn

1            LF step forward,  
2            RF step right  
3            LF step beside RF  
4            RF step back  
5            LF step beside RF  
6            1/2 turn left on both heels

**[31-36] Step, 1/2 Turn, 1/4 Turn Step, Rock Step**

- 1 LF step forward
- & RF step back with 1/2 turn left
- 2 LF step left with 1/4 turn left
- 3 Weight on LF
- 4 RF step forward with 1/4 turn right (LF on knee)
- 5 LF step back with 1/2 turn right (RF on knee)
- & RF step forward with 1/2 turn right
- 6 3/4 turn right on RF

**Tag 1 after Round 3**

- 1 LF step forward
- 2 RF step right, LF step beside RF
- 3 RF step back
- 4 LF step left, RF step beside LF

**Tag 2 after Round 4**

- 1 LF step left
- 2 RF slide beside LF

**Tag 3 after Round 5**

**Repeat count 31-36 and Tag 2**

**Dance until the end!!!!**

**Enjoy the Dance :-)**

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