

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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