

# I Promise

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Micaela Svensson Erlandsson (SWE) - September 2019  
音樂: This I Promise You - Ronan Keating



Intro: 32 counts.

Easy Tag + Restart: Wall 9, facing 12 O'clock (Sway right. Sway left.) Then start over.

**Section 1: Walk. Walk. Mambo Step. Back. Back. Mambo Cross.**

1-2            Walk forward on right. Walk forward on left.  
3&4           Rock forward on right. Recover onto left. Step back on right.  
5-6           Step back on left. Step back on right.  
7&8           Rock back on left. Recover onto right. Step Cross left over right.

**Section 2: Right Rock. Cross Shuffle. Left Rock. Cross Shuffle.**

1-2            Rock right to right side. Recover onto left.  
3&4           Cross right over left. Step left to left side. Cross right over left.  
5-6           Rock left to left side. Recover onto right.  
7&8           Cross left over right. Step right to right side. Cross left over right.

Easy Tag (& Restart) here: On wall 9 (Facing 12 O'clock) Sway right. Sway left & Restart

**Section 3: Side. Together. Forward Shuffle. Side. Together. Back Shuffle.**

1-2            Step Right to right side. Close left beside right taking weight.  
3&4           Step forward on right. Close left beside right. Step forward on right.  
5-6           Step left to left side. Close right beside left taking weight.  
7&8           Step back on left. Close right beside left. Step back on left.

**Section 4: Back. Back. Coaster Step. Step ½ Turn Right. Forward Shuffle**

1-2            Walk back on right. Walk back on left.  
3&4           Step back on right. Close left beside right. Step forward on right.  
5-6           Step forward on left. Turn ½ right.  
7&8           Step forward on left. Close right beside left. Step forward on left.

**Tag : Sway. Sway**

1-2            Sway right. Sway left