Promises

拍數: 32	牆數: 4	級數: Improver
編舞者: Choi Yoon Jeong (KOR) - March 2021		
音樂: Promises - India.Arie		

Intro: 36 counts; Start on lyrics (app. 20 sec)

S1: SIDE STEP, BEHIND, SIDE, CROSS, TOUCH, BACK DRAG, HOOK, FWD SHUFFLE

1 2&3 4	RF big side, LF cross behind RF, RF side, LF cross over RF, RF touch
5 6	RF back drag, LF heel hook
7&8	LF forward, RF beside RF, LF forward

S2: FWD 1/2R/ SWEEP, SHUFFLE, ROCK, RECOVER, BACK SHUFFLE

1 2	RF forward, 1/2 turn to right with sweep
3&4	LF forward, RF beside LF, RF forward
5 6 7&8	RF forward, LF recover, RF back, LF beside RF, LF back

S3: SIDE, HOLD, BALL, SIDE, 1/4R, BACK ROCK, RECOVER, FWD SHUFFLE

1 2&3	LF side, Hold, RF beside LF, LF side
4	1/4 turn to right upper body (weight L) with RF heel swivel
5 6 7&8	RF back, LF recover, RF forward, LF beside RF, RF forward

S4: TOUCH, DOWN, TOUCH, DOWN, FUNKY BACK x3, TOUCH,

1-4	LF touch, LF heel down, RF touch, RF heel down,
5-8	LF back and lifting RF toe up and out, RF back and lifting LF toe up and out, LF back and lifting RF toe up and out, RF touch

RESTART: On Wall 5 After counts 16 - Step change 15&16->15,16 (Back shuffle->Back together)

Contact: yoonjjang68@hanmail.net