

# Promises

**COPPER KNOB**  
STEPSHEETS

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)**

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