

I Promised Myself 2 U

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Sonny V. (DE) - July 2021
音樂: I Promised Myself (2019 Dance Remix) - Nick Kamen



-Rest in peace Nick - your song is still alive-

Intro: 16 counts - Restart in Wall 8*

Section 1 [1-8] 1/8 Turn Right Diagonal Toes Strut, Toes Strut, Forward, Forward, Rock, Recover

1-2 1/8 turn right into diagonal R toes fwd.(1:30) - slap R heel down
3-4 L toes fwd. - slap L heel down
5-6 RF fwd. - LF fwd.
7-8 RF rock fwd. - recover on LF

Section 2 [9-16] ½ Turn Right Toes Strut, Toes Strut, Jazz Box 1/8 Turn Cross

1-2 ½ turn right R toes fwd. (7:30) - slap R heel down
3-4 L toes fwd. - slap L heel down
5-6 RF cross over LF - LF back
7-8 1/8 turn right (9:00) - LF cross over RF

*Restart here in Wall 8 after 16 cts. (to 12:00 o'clock)

Section 3 [17-24] Rock, Recover, Weave

1-2 RF rock fwd. - recover on LF
3-4 RF cross behind LF - LF left
5-6 RF cross in front of - LF left
7-8 RF cross behind LF - LF left

Section 4 [25-32] Cross Rock, Recover, Right, Kick, Left, Kick, Full Turn Right

1-2 RF cross LF and rock fwd. - recover on LF
3-4 RF right - LF kick right over RF
5-6 LF left - RF kick left over LF
7-8 RF ¼ turn right (12:00) - ¾ turn further right step on LF (9:00)

Easier option: Right, Behind

7-8 RF right - LF behind RF

Repeat - have fun...

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