

# I Promised Myself 2 U

COPPERKNOB  
BY STEPHEN

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...

Contact: [dancing-unicorn@gmx.net](mailto:dancing-unicorn@gmx.net)