

Promises To Me

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Leslie Thompson (USA) - October 2021
音樂: Promises - I AM THEY : (Faithful God album)



Intro: 16 Counts (Slow Counts)

*Tag/Restart - End of wall 9 facing (9:00) - 4 count - Counts 1,2 - Look Up with hands out Counts 3,4 - Look slightly down towards left shoulder with hands crossed over your heart - Restart

Wizard Right, Wizard Left, Skate Right, Left, Right, Left

1,2& Step Right diagonally forward, Step lock Left behind Right, Step Right slightly forward
3,4& Step Left diagonally forward, Step lock Right behind Left, Step Left slightly forward
5,6 Drag Right in towards Left then slide Right forward to Right diagonal, Drag Left in towards Right then slide Left forward to Left diagonal (just like ice/roller skating)
7,8 Drag Right in towards Left then slide Right forward to Right diagonal, Drag Left in towards Right then slide Left forward to Left diagonal (just like ice/roller skating)

¼ Jazz Right, ½ Monterey Right

1,2 Cross Right over Left, Step back onto Left
3,4 Step Right forward ¼ turn Right, Step Left slightly forward (3:00)
5,6 Point Right to Right side, ¼ turn Right stepping Right next to Left (9:00)
7,8 Point Left to Left side, Step Left next to Right

Rock Recover, ½ Triple Right, Rock Recover, ¼ Sailor Left

1,2 Rock Right forward, Recover weight on Left
3&4 Step ¼ Right to Right side (12:00), Step Left beside Right, Step ¼ Right to Right side (3:00)
5,6 Rock Left forward, Recover weight on Right
7&8 Cross Left behind Right, ¼ Right step Right to Right side, Step Left next to Right (12:00)

Point, Hold, Point, Hold, Heel Swivel, ¼ Pivot Turn Left

1-2 Point Right forward, Hold
&3,4 Step Right next to Left, Point Left forward, Hold
&5&6 Step Left next to Right, Step Right, Swivel heels Right, Center (Weight on Left)
7,8 Step Right forward, ¼ pivot turn Left (Weight on Left) (9:00)

Start Dance Over

*Tag/Restart - End of wall 9 facing (9:00) - 4 count - Counts 1,2 - Look Up with hands out - Counts 3,4 - Look slightly down towards left shoulder with hands crossed over your heart - *Restart

Last Update - 13 Oct. 2021