

Promise Me

拍數: 64 牆數: 1 級數: High Improver
編舞者: Wenarika Josephine (INA) - November 2023
音樂: Jurame (Balada) - Gisselle



Intro music 32 counts // NO TAG NO RESTART

SECT 1 RUMBA BOX

1 – 4 L to side – R close beside L – L forward – hold
5 – 8 R to side – L close beside R – R back – hold

SECT 2 TURN ¼ LEFT RUMBA BOX

1 – 4 Turn ¼ left , L to side – R close beside L – L forward – hold (9.00)
5 – 8 R to side – L close beside R – R back – hold

SECT 3 SWEEP BACK WITH HOLD , COASTER STEP , HOLD

1 – 4 Sweep L to back – hold – sweep R to back – hold
5 – 8 L back – R beside L – L forward - hold

SECT 4 SIDE ROCK , CROSS , ¼ TURN RIGHT WALK BACK

1 – 4 R rock to side – recover on L – cross R over L – hold
5 – 8 Turn ¼ right walk back L – R – L – hold (12.00)

SECT 5 BACK ROCK, ⅓ LEFT FORWARD, ⅔ RIGHT , TOUCH

1 – 2 R rock back – recover on L
3 – 4 ⅓ left step R forward – ⅔ right touch L beside R (3.00)
5 – 8 Walk forward on L – R – L – hold

SECT 6 SYNCOPATED SIDE ROCK

1 – 4 R rock to side – recv on L – close R beside L – L rock to side
5 – 8 Recover on R – close L beside R – R rock to side – recv on L

SECT 7 CROSS , ¼ RIGHT STEP BACK, SLIDE & DRAG

1 – 2 Cross R over L - ¼ right step L back (6.00)
3 – 4 Slide R to side – drag L towards R
5 – 6 Slide L to side – drag R towards L
7 – 8 Slide R to side – drag L towards R

SECT 8 BACK ROCK, SPIRAL, FORWARD, ½ RIGHT, TOUCH

1 – 4 L rock back – recvr on R – L forward – body full turn right
(Easy option on count 4 : hold)
5 – 8 R forward – L forward - ½ right – L touch beside R

Contact email : wenarikajosephine@gmail.com