

No Promise

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - December 2023
音樂: No Promises - Lewis Thompson : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(The dance starts after you hear 'I don't break no promises.')

Facing 10:30 to begin

[S1] Step-1/2L Tap-&, Fwd Rock-Together, Step-3/8R Tap-&, Out L-Out R-Out L

1 2& Step forward on R, Make a ½ turn left (weight on R) tap L next to R (4:30), Step L beside R
3&4 Rock forward on R, Replace weight on L, Step R next to L (push your hips back)
5 6& Step forward on L, Make a ¾ turn left (weight on L) tap R next to L (9:00), Step R beside L
7&8 Step/stomp out on L to the left, Step/stomp out on R to the right, Step/stomp out on L to the left

[S2] Dip w/ Knee Roll In, Knee Roll Out, Kick L, Dip-Knee Roll In-Out-Kick R, 1/4R Behind-Side-Fwd, Flick

1 2 Step to the side with R and dip down/rolling your knees inward, Rolling your knees outward
3 Step down on R and kick L foot diagonally forward
4& Step to the side with L and dip down/rolling your knees inward, Rolling your knees outward
5 Step down on L and kick R foot diagonally forward
6&7 Making a ¼ turn right stepping R behind L, Step L to the side, Step slightly R across L
8 Flick L toes behind R

[S3] Side Rock-1/2L Ball-Shuffle Fwd into Press, Recover-1/4R-1/2R Coaster Step

1 2& Rock L to the side, Replace weight on R, Make a swift ½ turn left stepping L beside R (6:00)
3&4 Shuffle forward on R-L-R (rock forward on R)
5 6 Replace weight on L, Make a ¼ turn right stepping forward on R (9:00)
7&8 Make a ½ turn right stepping back on L (3:00), Step R next to L, Step forward on L

[S4] 1/8R Step, Lock, 3/4R Triple Turn, Step-Lock-Step, Step-Pivot 1/2L

1 2 Make a ⅛ turn right stepping forward on R (4:30), Lock/step L behind R
3&4 ¾ right triple turn - Step forward on R, Make a ½ turn right stepping L beside R, Make a ¾ turn right stepping forward on R (1:30)
5&6 Step forward on L, Lock/step R behind L, Step forward on L
7 8 Step forward on R, Make a ½ turn left recover weight on L (7:30)

TAG: 8 counts Tag at the end of Wall 2 (4:30) – 2x (Step-Pivot 1/2L, Walk-Walk)

1 2 Step forward on R, Make a ½ turn left recover weight on L (10:30)
3 4 Step forward on R-L
5 6 Step forward on R, Make a ½ turn left recover weight on L (4:30)
7 8 Step forward on R-L

Ending suggestion: The last wall ends facing 7:30. Make a 5/8L turn to the front stepping back on R.

(updated: 26/Dec/23)