

I Promise

拍數: 32 牆數: 4 級數: Improver
編舞者: Jamie Barnfield (UK) - July 2024
音樂: I Promise - Ryan Evans : (Single)



Intro: 32 Counts
Extra Bits!: 1 Tag

S1: STEP FORWARD, TAP, SHUFFLE BACK, ROCK, RECOVER, KICK-BALL CROSS

1-2 Step forward on Right, tap Left toes behind Right
3&4 Step back on Left, close Right next to Left, step back on Left
5-6 Rock back on Right, recover on Left
7&8 Kick Right forward, step down in place on ball of Right, cross Left over Right

S2: SIDE ROCK, RECOVER, CROSS SHUFFLE, 1/4, 1/4, CROSS ROCK RECOVER

1-2 Rock Right to Right side, recover on Left
3&4 Cross Right over Left, small step on Left to Left side, cross Right over Left
5-6 1/4 Right stepping back on Left, 1/4 Right stepping Right to Right side (6:00)
7-8 Cross rock Left over Right, recover on Right

S3: SIDE, TOUCH, SIDE TOUCH, SIDE, CLOSE, CROSS SHUFFLE

1-2 Step Left to Left side, touch Right next to Left
3-4 Step Right to Right side, touch Left next to Right
(Styling: Lead step touches with your shoulders for more of a relaxed feel!)
5-6 Step Left to Left side, close Right next to Left
7&8 Cross Left over Right, small step Right to Right side, cross Left over Right

S4: SIDE, BEHIND, 1/4 RIGHT, PIVOT 1/2, STEP, 1/2, 1/2

1-2 Step Right to Right side, cross Left behind Right
3-4 1/4 Right stepping forward on Right, step forward on Left
5-6 Pivot 1/2 Right, step forward on Left with toes turned out to left
7-8 1/2 turn Left stepping back on Right, 1/2 turn Left stepping forward on Left
(Non turning Option for count 7-8: Walk Walk)

TAG: To be danced at the end of Wall 3 facing 9 O'clock

K - STEP (with Claps)

1-2 Step Right forward to Right diagonal, touch Left next to as you clap hands
3-4 Step Left Back to Left diagonal, touch Right next to as you clap hands
5-6 Step Right back to Right diagonal, touch Left next to Right as you clap hands
7-8 Step Left forward to Left diagonal, touch Right next to Left as you clap hands

ENDING: At the end of Wall 11: For counts 7-8 in section 4 replace them with 1/2, then 1/4 to end on the front wall and cross your Right foot over Left..... Ta-dah!