

My Promise

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Keith Hunter (UK)
音樂: This I Promise You - Ronan Keating



SIDE TOGETHER, ¼ TURN CHASSE, ½ PIVOT, FULL SPIN

1-2 Step side right, step left together
3&4 Step side right, step left together, step ¼ turn right on right
5-6 Step forward left, pivot ½ turn right onto right
7&8 Full spin forward right stepping ½ right back on the left, ½ right stepping forward right, step forward left

FORWARD ROCK, LOCKSTEP BACK, SWAYS, CROSS SHUFFLE

1-2 Rock forward right, replace weight on left
3&4 Lock step back on right, cross left, step back right
5-6 Sway left, sway right
7&8 Cross left over right, side right, cross left over right

½ TURN LEFT, MAMBO FORWARD, BACK ROCK LOOK, FULL SPIN

1-2 Turn ¼ left stepping back right, turn ¼ left stepping side right
3&4 Rock forward right, replace weight on left, step right in place
5-6 Rock a large step back on left looking over your left shoulder, replace weight on right
7&8 Full spin forward right stepping ½ right back on the left, ½ right stepping forward right, step forward left

FORWARD ROCK, RIGHT CHASSE, ½ TURN LEFT, WEAVE TO THE RIGHT

1-2 Rock forward right, replace weight on left
3&4 Step right to right, close left to right, step right to right
5-6 ½ turn left rocking onto your left as you turn, replace weight on right
7&8 Step left behind right, step side right, cross left over right

REPEAT
