

One Promise

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Rebecca Day
音樂: Forever and Ever, Amen - Randy Travis



Sequence: AAAA, B, A until the end. Other music may eliminate section B, depending on the music pattern.

SECTION A

EXTENDED VINES

1-2 Step right to right side, step left behind right
3-4 Step right to right side, step left in front of right
5-6 Step right to right side, step left behind right
7-8 Step right to right side, scuff left together

1-2 Step left to left side, step right behind left
3-4 Step left to left side, step right in front of left
5-6 Step left to left side, step right behind left
7-8 Step left to left side, scuff right beside left

ROCKS

1-2 Rock forward on right, rock back on left
3-4 Rock forward on right, scuff left beside right

1-2 Rock forward on left, rock back on right
3-4 Rock forward on left, scuff right beside left

WALK-SCUFFS

1-2 Step forward on right, scuff left beside right
3-4 Step forward on left, scuff right beside left

1-2 Step back on right, step back on left
3-4 Step back on right, stomp left beside right

HEEL SPLITS & REVERSE HEEL SPLITS

1-4 Twist heels apart, twist heels together, twist heels apart, twist heels together
5-8 Twist toes apart, twist toes together, twist toes apart, twist toes together

SIDE STEPS

1-2 Step right to right side, touch left together
3-4 Step left to left side turning $\frac{1}{4}$ turn left, touch right together

BACK AND SCOOT

1-2 Step back on right, step back on left
3-4 Step forward on right, scoot forward on right

BRONCOS & OUTBACKS

1-2 Touch left toe to left side, bring left knee up in front of right leg slap with right hand
3-4 Touch left toe to left side, bring left foot behind right leg slap foot with right hand.

CURTSIES

1-2 Step left to left side, touch right toe behind and past left leg
3-4 Step right to right side, touch left toe behind and past right leg

VINE LEFT AND TURN

1-4 Vine left stepping left-right-left turning ¼ turn left scuff right

STEP BACK, FORWARD

1-2 Step back on right, step back on left

3-4 Step forward on right, stomp left together

SECTION B

VINES

1-4 Vine right stepping right-left-right scuff left together

5-8 Vine left stepping left-right-left stomp right together

HEEL SPLITS

1-4 Heel split, heel split

5-8 Reverse heel split, reverse heel split

BRONCO AND OUTBACK

1-2 Touch right toe to right side, bring right knee up in front of left and slap with left hand

3-4 Touch right toe to right side, bring right foot behind left leg and slap with left hand

CURTSIES

1-2 Step right to right, touch left toe behind and past right leg

3-4 Step left to left, touch right toe behind and past left leg

VINES

1-4 Vine right stepping right-left-right, scuff left

5-8 Vine left stepping left-right-left, stomp right

REPEAT
