

Promise Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Elaine Lowther
音樂: Loving You - The Mavericks



STEP BEHIND SYNCOPATED GRAPE VINE RIGHT, RIGHT ROCK TOE STRUT

1-2 Step right to right side, cross left behind right
&3&4 Step right to right side, cross left over right, step right to right side, step left behind right
5-6 Rock right to right side, rock onto left
7-8 Cross right over left, drop heel down

STEP BEHIND SYNCOPATED GRAPE VINE LEFT, LEFT ROCK TOE STRUT

1-2 Step left to left side, cross right behind left
&3&4 Step left to left side, cross right over left, step left to left side, step right behind left
5&6 Rock left to left side, rock onto right
7-8 Cross left over right, drop heel down

FORWARD ROCK TRIPLE ½ TURN, TURNING RIGHT TWICE, BACK ROCK

1-2 Forward rock onto right, rock back onto left
3&4 Shuffle half turn right stepping right left right
5&6 Shuffle half turn right stepping left right left
7-8 Rock back onto right, forward onto left

RIGHT AND LEFT HIP BUMPS, FORWARD ROCK ¼ SAILOR TURN

1&2 Step right forward bumping hips right left right
3&4 Step left forward bumping hips left right left
5-6 Rock forward onto right, rock back onto left
7&8 Cross right behind left, step left beside right, step right ¼turn

LEFT HEEL TOE TOUCHES LEFT BALL CHANGE, LEFT SHUFFLE RIGHT KICK BALL CHANGE

1-2 Touch left heel forward, touch left toe back
3&4 Touch left heel forward, step left beside right, step right beside left
5&6 Step left forward, close right beside left, step forward left
7&8 Kick right forward, step right beside left, step left beside right

RIGHT HEEL TOE TOUCHES, RIGHT BALL CHANGE, RIGHT SHUFFLE, LEFT KICK BALL CHANGE

1-2 Touch right heel forward, touch right toe back
3&4 Touch right heel forward, step right beside left, step left beside right
5&6 Step right forward, close left beside right, step forward right
7&8 Kick left forward, step left beside right, step right beside left

½ PIVOT RIGHT, FULL RIGHT TURN, SIDE STEP CHASSE RIGHT

1-2 Step left forward, pivot ½turn right
3-4 Make half turn right stepping back on left, make half turn right stepping back on right
5-6 Step left to left side, close right together
7&8 Step left to left side, close right together, step left

CROSS ROCK ¼ RIGHT TRIPLE STEP CROSS UNWIND ½ TURN RIGHT, LEFT COASTER

1-2 Cross rock right over left, rock back onto left
3&4 Shuffle ¼ turn right stepping right left right
5-6 Cross left over right, unwind ½ turn right

7&8

Step back left, step right beside left, cross left over right

REPEAT
