

# Promised

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Linda Babli (USA)  
音樂: The Love You Promised Me - Monte Warden



---

## WALK, WALK, SHUFFLE; ROCK, STEP, SIDE, DRAG

1-2      Walk forward right, left  
3&4      Shuffle right, left, right  
5-6      Step forward on left, rock back on right  
7-8      Step left to left side, drag right next to left keeping weight on left

## CROSS, ROCK, SIDE, drag; CROSS, ROCK, ¼ TURN, DRAG

1-2      Cross-step right over left, rock back on left  
3-4      Step right to right side, drag left next to right keeping weight on right 5-6 cross-step left over right, rock back on right  
7-8      ¼ turn left with left, drag right next to left keeping weight on right

## STEP FORWARD, ROCK BACK, ½ TURNING SHUFFLE; STEP, PIVOT, SHUFFLE

1-2      Step forward right, rock back on left (preparing to make ½ turning shuffle right)  
3&4      Turn ½ turn right pivoting on left shuffling forward right, left, right  
5-6      Step forward left, pivot ½ right shifting weight to right  
7&8      Shuffle forward left, right, left

## TURN, TURN, SHUFFLE; STEP, PIVOT, STEP, DRAG

1-2      Moving forward, make ½ turn left stepping back on right, pivoting on right make ½ turn left stepping forward left  
3&4      Shuffle forward right, left, right  
5-6      Step forward left, pivot ½ right shifting weight to right  
7-8      Step forward left, drag right next to left keeping weight on left

**REPEAT**

---