

Promises

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ian Dunn (AUS)
音樂: The Next Time - Trent Tomlinson



- 1-2 Rock left to left (moving slightly forward), step right slightly forward
3&4 Cross left over right, turning 45 left step right back, left heel forward
&5&6 Left in place, right forward and across left, knee pops forward, drop heels
7&8 (Straighten up to front wall), left back, right back, left forward
- 1-2 Rock right forward, replace weight on left turning $\frac{1}{2}$ right, (hook right across left)
3&4 Lock shuffle forward right, left, right
5-6 Left forward, $\frac{1}{2}$ turn right on the balls of both feet (weight on left to finish)
7&8 Right back, left back, right forward
- 1-2 Rock left to left, return weight onto right
3&4 Left behind right, right to right side, left center (sailor)
5&6 Right behind left, left to left side, right center $\frac{1}{4}$ turn left (sailor)
7&8 Turning a further $\frac{1}{2}$ left, lock shuffle forward left, right, left
- 1-2& Turning $\frac{1}{4}$ left step right to right, hold, left beside right
3-4 Rock right to right, replace weight onto left
5&6 Right behind left, $\frac{1}{4}$ turn left step left forward, right forward
7&8& Left heel forward, left beside right, right heel forward, right beside left

REPEAT

TAG

At the end of wall 2 facing the back before you begin wall 3 add the following tag

- 1-2 Rock left forward, return weight onto right
3&4 Turning $\frac{1}{2}$ left shuffle left, right, left
5-6 Right forward turn $\frac{1}{2}$ left, step onto left
7&8 Shuffle forward right, left, right

ENDING

To end complete 24 beats of the dance on wall 8 (3:00 wall). You will be facing the back wall, step right forward and stomp the left foot forward