

# Promises I Can't Keep

**COPPER KNOB**  
STEPPERS

拍數: 0      牆數: 4      級數: Improver  
編舞者: Derek Langevin (CAN)  
音樂: Promises - Def Leppard



Sequence: AB, AA, AB, AA, Tag, AB, A to end

Part B is only done in the 24 counts between the verse and the chorus. After doing Part B the third time, hold 4 counts

## PART A

### TOUCH, SWING, SAILOR STEP (TWICE)

1-2      Touch right foot across left, swing right around behind left  
3&4      Step right behind left, step left to left, step right out to right  
5-6      Touch left foot across right, swing left around behind right  
7&8      Step left foot behind right, step right to right, step left out to left

### STEP ½ TURN, ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, STEP ¼ TURN

9-10      Step right forward while turning ½ right, rock forward on left  
11-12      Recover right, step left back  
&13-14      Step right beside left, step left forward, rock forward on right  
15-16      Recover left, step back on right with a ¼ turn to right

### SHUFFLE WITH ¼ TURN, "ROCKING CHAIR", ½ TURN JUMPING JACK (OR ½ TURN MONTEREY)

&17-18      Step left beside left, step right to right with a ¼ turn, rock forward on left  
19-20      Recover on right, rock back on left  
21-22      Recover on right, step left to left and right to right simultaneously  
23-24      Cross feet with right in front, ½ turn over left(ending with weight on left foot)

#### Alternate steps:

21-22      Recover on right, left to left  
23-24      ½ turn over left, touch right to right

### KICKBALL CHANGE, RIGHT SHUFFLE FORWARD, TOUCH, CROSS, ¼ MONTEREY TURN

25&26      Kick right foot forward, step right beside left, step left beside right  
27&28      Step right forward, step left beside right, step right forward  
29-30      Touch left to left, cross left in front of right  
31-32      Touch right to right, slide right beside left with ¼ turn (keep weight on left)

## PART B

### STEP FORWARD, ½ TURN, SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP

1-2      Step forward on right foot, ½ turn to left  
3&4      Step right forward, step left beside right, step right forward  
5-6      Rock left forward, recover right  
7-8      Step left back, step right beside left, step left forward

### REPEAT

9-10      Step forward on right, ½ turn to left  
11-12      Step right forward, step left beside right, step right forward  
13-14      Rock forward on left, recover on right  
15-16      Step left back, step right beside left, step forward on left

### STEP FORWARD, ½ TURN, ¼ TURN SHUFFLE, BACK COASTER STEP WITH ¼ TURN, HEEL TOUCH WITH DIP, TOUCH

17-18	Step right forward, ½ turn to left
19&20	Step right forward with ¼ turn to left, step left beside right, step right to right
21&22	Step left behind right with ¼ turn to left, step right beside left, step left forward
23-24	Touch right heel forward while bending left knee slightly, touch right toes beside left while standing

**TAG**

1-16	First 16 counts of Part B
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