

# This I Promise You

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Hana Smyth  
音樂: This I Promise You - \*NSYNC



## SIDE ROCK, WEAVE LEFT, FORWARD ROCK, WEAVE RIGHT

- 1-2      Rock right to right, replace on left
- 3&4      Cross right behind left, step left to left, cross right in front of left
- 5-6      Rock left forward, replace on right
- 7&8      Cross left behind right, step right to right, cross left in front of right

## ROCK REPLACE TRIPLE ONE AND A HALF TURN TRAVELING BACKWARDS TWICE

- 9-10      Rock right forward, replace on left
- 11&12      Turn half right traveling backwards stepping on right, continue turn stepping back on left, continue last half of turn stepping forward on right (easy alternative, half turn shuffle)
- 13-14      Rock left forward, replace on right
- 15&16      Repeat steps 11&12 leading with left foot (one and half turn ends on left - easy alternative as above)

## MAMBO RIGHT, MAMBO LEFT, ROCK, REPLACE, BEHIND, STEP, FORWARD, FORWARD

- 17&18      Rock right out to right side, replace weight on left, step right beside left (mambo)
- 19&20      Repeat 17&18 leading with left foot (ends on left)
- 21&22&      Rock out to right, replace on left, cross right behind left, step left beside right
- 23-24      Walk forward on right, walk forward on left

## WALK FORWARD, STEP-TURN-STEP, SAILOR STEP, SAILOR STEP, TAP

- 25-26&      Walk forward on right, step forward on left, pivot half turn right
- 27      Step forward on left
- 28&29      Right sailor step (cross right behind left, step left to side, step right diagonally forward)
- 30&31      Left sailor step (cross left behind right, step right to side, step left diagonally forward)
- 32      Tap right beside left

## REPEAT

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