

# This I Promise You

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Nicola Glenc (UK)  
音樂: This I Promise You - \*NSYNC



## ROCK, RECOVER, BACK SHUFFLE, ROCK, RECOVER, FORWARD SHUFFLE

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

## ROCK, REPLACE, CROSS TWICE, SIDE, BEHIND, CHASSE ¼ RIGHT,

9&10          Rock right to right side, replace weight on left, cross right over left  
11&12        Rock left to left side, replace weight on right, cross left over right  
13-14        Step right foot to right side, cross left behind right  
15&16        Step right to right side, close left beside right, step right ¼ turn right

## STEP, PIVOT, TRIPLE TURN, WALK FORWARD; RIGHT, LEFT, RIGHT SHUFFLE,

17-18        Step forward on left, pivot ½ turn right  
19            Step to forward on left foot turning ¼ right  
&            Step back on right foot turning ½ right  
20            Step forward on left foot turning ¼ turn right  
21-22        Walk forward; right foot, walk forward left foot  
23&24        Step forward on right, close left beside right, step forward on right

**If you don't like doing the triple turn, steps 19&20 can be replaced by doing a shuffle forward on the left foot!**

## CROSS, STEP BACK, CHASSE ¼ LEFT, STEP, TURN ¼, CROSS, SIDE-TOGETHER-FORWARD

25-26        Cross left foot over right, step right foot to right side  
27&28        Step left to left side, close right beside left, step left ¼ turn left  
29&30        Step right foot forward, pivot ¼ turn left, cross right over left  
31&32        Step left foot to left side, close right beside left, step left foot forward

**REPEAT**