

This I Promise You

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