

# This I Promise You

**COPPER** KNOB  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Lu Olsen (AUS)  
音樂: This I Promise You - Ronan Keating



## ARC TO 45, TOGETHER, BEHIND, ¼ TURN, FORWARD, BACK, ½, ½, TOE BACK, UNWIND ½

- 1-2            Arc right (to the right) & step forward 45 right, step left beside right  
3&4           Step right behind left, ¼ left turn and step left forward, step right forward (9:00)  
5&6           Step left back, ½ right turn and step right forward, ½ right turn and step left back  
7-8           Place right toe back, ½ right slow unwind & drop right heel (weight on right) (3:00)

## MOVING BACKWARDS - ROCK LEFT, ROCK RIGHT, BEHIND, ROCK RIGHT, ROCK LEFT, BEHIND, ROCK LEFT, ROCK RIGHT, BEHIND, IN PLACE, ¼ STEP SIDE, ½ TURN STEP FORWARD

### Next 6 counts are moving backwards

- &1-2           Rock left to left side, rock right to right side, step left behind right  
&3-4           Rock right to right side, rock left to left side, step right behind left  
&5-6           Rock left to left side, rock right to right side, step left behind right  
&7-8           Rock right in place, ¼ right turn step left to left, ½ right turn & step right forward (12:00)

## FORWARD & HOOK, ¼ BACK & BRUSH UP, ¼ FORWARD & HOOK, BACK ¼ LEFT, SWEEPING SAILOR, TOGETHER, FORWARD 45, IN PLACE, TOGETHER

- 1-2            Step left forward and hook right leg behind left, step right back into ¼ left turn and brush left over right, (9:00)  
3-4            ¼ left turn and step left forward and hook right behind left, step right back into ¼ left turn (3:00)  
5&6           (Sweeping left sailor) sweep left around and step behind right, step right to right side, step left to left side  
&7-8&        Step right beside left, step left forward at left 45, step right in place, step left beside right (3:00)

## FORWARD, ½, BACK, BACK, ROCK FORWARD, CROSS OVER, REPLACE, TOGETHER, FULL LEFT TURN, STEP FORWARD

- 1&2            Step right forward, ½ right turn and step left back, step right back  
3-4            Step left back, rock right forward  
5-6&        Cross left over right, step right in place, step left beside right  
7-8            Step right forward into full left spin turn, step left forward (9:00)

## REPEAT

## TAG

During wall 9, dance to count 16 at normal pace (even where the music slows down) then add the following

- 1-2            Step left forward, hold

Hold until the music starts again to commence wall 10

## FINISH

On wall 10, dance to counts 21 & 22 changing the sweeping sailor into a ¼ left turning sailor to face the front. Step right forward, drag left towards right to finish