

Your Promise (P)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Norma Jean Fuller (USA) & Lewis Cain (USA)
音樂: He's Got You - Brooks & Dunn



Position: Right Side-By-Side

CROSS ROCKS, TRIPLES IN PLACE

1-2 Cross right foot over left and step, rock back on left
3&4 Triple step in place (right-left-right)
5-6 Cross left foot over right and step, rock back onto right foot
7&8 Triple step in place (left-right-left)

FORWARD SHUFFLES

9&10 Shuffle forward (right-left-right)
11&12 Shuffle forward (left-right-left)
13-16 Repeat beats 9-12

ROCKING CHAIR, COASTER STEP, WALK, WALK, TRIPLE FORWARD

17-18 Step forward on right foot, rock back on left
19&20 Step back on right foot, step back on left, step forward on right
21-22 Step forward on left, step forward on right
23&24 Triple step forward (left-right-left)

TO THE RIGHT MILITARY TURN, VINE LEFT, SWAYS, TRIPLE IN PLACE

25-26 Step forward on right foot pivoting $\frac{1}{4}$ turn to the right on ball of right and shift weight to left (facing OLOD in Indian Position)
27-28 Cross right foot behind left and step, step to the left on left foot
29-30 Step to the right on right foot and sway hips to the right, shift weight to left swaying hips to left
31&32 Triple step in place (right-left-right)

Option: bump hips right-left-right instead of triple steps

Man raises both of lady's hands above her head as lady swivels her hands inside of man's during rolling turns

MAN: VINES / LADY: ROLLING TURNS

33-34 **MAN:** Step to the left on left foot, cross right behind left
 LADY: Step to the left on left foot and begin a full rolling turn to the left traveling to left, step on right foot and continue full rolling turn to the left
35-36 **MAN:** Step to the left on left foot, touch right toe next to left
 LADY: Step on left foot and complete full rolling turn to the left (bringing arms down parallel to floor), touch right toe next to left foot
37-38 **MAN:** Step to the right on right, cross left foot behind right
 LADY: Step to the right on right and begin a full rolling turn to the right traveling to the right raising hands again, step on left foot and continue full rolling turn to the right
39-40 **MAN:** Step to the right on right, touch left toe next to right
 LADY: Step on right foot and complete full rolling turn to the right, touch left toe next to right foot

STEP-SLIDES, STEP-TOUCHES

41-42 Step left on left, slide right foot next to left and step
Option: extend left arms left, turn heads to the left, right hands on lady's waist
43-44 Step to the left on left foot, touch right toe next to left foot
45-46 Step right on right, slide left foot next to right and step
Option: extend right arms right, turn heads to the right, left hands on lady's waist

47-48 Step to the right on right foot, touch left toe next to right foot

STEP SLIDE, TRIPLE STEP LEFT, STEP SLIDE, TRIPLE STEP RIGHT

49-50 Placing hands on lady's shoulders step to the left on left foot, slide right foot next to left

51&52 Triple step to left left-right-left

53-54 Step to the right on right foot, step left next to right

55&56 Triple step to right right-left-right

VINE WITH TURN / LADY: TO THE LEFT ROLLING LEFT RIGHT TRIPLE STEP, BOTH STEP, SCUFF, STEP HIP HIP

57-58 **MAN:** Step to the left on left foot, cross right foot behind left

LADY: Step to the left on left foot to begin 1-¼ rolling turn to the left to the left releasing left hands, step on right foot and continue 1-¼ turn to the left (you're facing RLOD)

59&60 **MAN:** Triple step left-right-left into a ¼ turn to the left

LADY: Triple step left-right-left turning ½ turn to the left joining left hands in front facing LOD in right side by side position

61-62 Step forward on right, scuff left foot forward

63&64 Step forward on left swinging hip to left at same time, and swing hip to right, swing hip to left

REPEAT
