

I Promise

拍數: 32 牆數: 4 級數: Improver cha cha
編舞者: Christopher J. Spicer (USA)
音樂: You Won't Ever Be Lonely - Andy Griggs



STEP, ROCK RECOVER, ANCHOR STEP, WALK, WALK, ¼ TURN

1-2 Step right foot to right side, rock left foot over right foot
3 Recover weight on right foot
4&5 Step left foot behind right heel, step right foot in place, step left foot in place
6-7 Step right foot forward, step left foot forward

SIDE ROCK CROSS, ½ TURN, SIDE CHA, ROCK RECOVER

8&1 While making a ¼ turn to the left, step right foot to right side, step left foot slightly back, cross right foot over left
2 While making a ¼ turn to the right, step left foot back
3 While making a ¼ turn to the right, rock right foot slightly to right side
4&5 Recover weight on left foot, step right foot next to left foot, step left foot to left side
6-7 Rock right foot behind left foot, recover weight on left

SHUFFLE FORWARD, ROCK RECOVER, ¼ TURN SIDE CHA, SWAY HIPS RIGHT, LEFT

8&1 Step right foot forward, step left foot next to right foot, step right foot forward
2-3 Rock left foot forward, recover weight on right foot
4&5 While making a ¼ turn to the left, step left foot to left side, step right foot next to left, step left foot to left side
6-7 Sway hips right, sway hips left (weight remains on left)

SIDE CHA WITH ¼ TURN, ROCK RECOVER, SIDE ROCK CROSS, ½ TURN, SIDE CHA

8&1 Step right foot to right side, step left foot next to right foot, while making a ¼ turn to the left, step right foot back
2-3 Rock left foot back, recover weight on right foot
4&5 Step left foot to left side, step right foot slightly back, cross left foot over right foot
6 While making a ¼ turn to the left, step right foot back
7 While making a ¼ turn to the left, rock left foot slightly to left side
8& Recover weight on right foot, step left foot next to right

REPEAT
