

# I Promise U

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lesley Clark (SCO)  
音樂: This I Promise You - Ronan Keating



---

## ROCK, RECOVER, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FORWARD

1-2      Rock forward on right, recover on left  
3&4      ½ turn right shuffle over right shoulder on a right, left, right  
5-6      ½ turn right stepping back on left foot, ½ turn right stepping forward on right  
7&8      Shuffle forward left on a left, right, left

## ROCK, RECOVER, BEHIND, SIDE, CROSS, SWAY, SWAY, BEHIND, SIDE, CROSS

1&2      Rock forward on right, recover on left, step right to right side  
3&4      Cross step left behind right, step right to right side, cross step left over right  
5-6      Sway right, sway left  
7&8      Step right behind left, step left to left side, step right across left

## SWAY, SWAY, SAILOR ¼ TURN, STEP PIVOT, RIGHT LOCK STEP

1-2      Sway left, sway right  
3&4      Sweep the left foot out to left side as you turn ¼ turn left stepping, left, right, left forward  
5-6      Step forward on right, pivot ½ turn left  
7&8      Step forward on right, step left next to right, step forward on right

## MAMBO FORWARD, MAMBO STEP, ½ TURN, RIGHT LOCK STEP, STEP

1&2      Rock forward on left, recover on right, step left next to right  
3&4      Rock back on right, recover on left, step forward on right  
5      Pivot ½ turn left  
6&7      Step forward on right, lock left behind right, step forward on right  
8      Step forward on left

**REPEAT**

---