

Promises Don't Come Easy

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拍數: 64 牆數: 1 級數: Improver
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音樂: Promises Don't Come Easy - Caron Nightingale



Note: Start dance after 16 counts - on vocals at 10 secs.

HIP SWAYS, ½ LEFT TURN, HIP SWAYS, TRAVELLING RIGHT FULL TURN RIGHT, 1/8 LEFT TURNING TWINKLE PATTERN

- 12 Step left to left and sway hips left, sway hips right
- 34 Execute ½ turn left and then step left to left swaying hips left, sway hips right (6 O'Clock)
- 56 Execute ½ turn right and then step left to left, execute another ½ turn right and then step right to right (6 O'Clock)
- 7&8 Cross left over right, execute 1/8 turn left and then step right to right, step left to left (5 O'Clock)

FORWARD ROCK, RECOVER, ½ RIGHT TURN, FORWARD ROCK, RECOVER, FORWARD, TRAVELLING FORWARD ¼ LEFT TURN, JAZZ BOX

- 9-10& Rock forward on right, recover weight onto left, step right beside left
- 11-13 Execute ½ turn right and then rock left forward, recover weight onto right, step left forward (11 O'Clock)
- 14& Execute ¼ turn left and then step right to right, execute another ½ turn left and then step left to left (2 O'Clock)
- 15-17 Cross right over left, step left back, step right close beside left

QUARTER LEFT TURN, CROSS, SIDE SLIDE, SLIDE-BALL-CROSS, SIDE SLIDE, COASTER CROSS, ¾ LEFT UNWIND TURN, SWEEP

- 18-19 Execute ¼ turn left and then cross left over right, taking a long step – slide right to right (11 O'Clock)
- 20&21 Slide left beside right (weight ends on left), cross right over left, taking a long step – slide left to left
- 22&23 Slide right back, slide beside right, cross right over left
- 24& Unwind ¾ turn left, sweep left around from front to back (2 O'Clock)

UNSYNCOPATED SAILOR CROSS ROCK, RECOVER, TRAVELLING LEFT ½ LEFT TURN, BACK, ½ RIGHT TURN, ½ RIGHT SWEEP TURN, FORWARD, ½ LEFT SWEEP TURN

- 25-27 Cross left behind right, step right to right, cross rock left over right
- 28&29 Recover weight onto right, execute ¼ turn left and then step left forward, execute another ¼ turn left and then step right to right (7 O'Clock)
- 30&31 Step left back, execute ½ turn right and then step right forward, sweep left around from back to front as you execute another ½ turn right (weight remains on right) (7 O'Clock)
- 32-33 Step left forward, sweep right around from back to front as you execute ½ turn left (weight remains on left) (2 O'Clock)

HALF RIGHT TURNING TWINKLE, CROSS ROCK, RECOVER, ¼ LEFT TURN TOGETHER, TRAVELLING FORWARD ½ LEFT TURN, BACK, LOCK STEP

- 34-36 Cross right over left, execute ¼ turn right and then step left back, execute another ¼ turn right and then step right to right (7 O'Clock)
- 37-38 Cross rock left over right, recover weight onto right
- & Execute ¼ turn left and then small step left forward (4 O'Clock)

39&40 Execute ½ turn left and then step right back, step left back, lock step right over left (11 O'Clock)

BACK, ¾ RIGHT TURN, FORWARD ROCK, RECOVER WITH HIP PUSH, TRAVELLING BACK FULL LEFT TURN, BACK, ½ RIGHT TURN, FORWARD COASTER

41-43 Step left back, execute ¾ turn right and then rock right forward, recover weight onto left (pushing hips back in preparation to turn left) (7 O'Clock)

44&45 Execute ½ turn left on ball of left and then step right forward, execute another ½ turn left on ball of right and then step left back, step right back (7 O'Clock)

46-47 Step left back, execute ½ turn right and then step right forward (2 O'Clock)

48&49 Slide left forward, slide right beside left, slide left back

MAKE 5/8 RIGHT SPIRAL TURN, BALL-CROSS, ¼ RIGHT TURN, ½ RIGHT TURNING VINE, CROSS ROCK, RECOVER, BALL-CROSS

50-51 Touch right toes back (right leg straightened), execute 5/8 turn right (weight remains on left with right toes crossing over left) (9 O'Clock)

52&53 Step right beside left, cross left over right, execute ¼ turn right and then slide right forward (12 O' Clock)

54&55 Execute ¼ turn right and then step left to left, cross right behind left, execute another ¼ turn right and then step left to left (6 O'Clock)

56-57 Cross rock right over left, recover weight onto left

&58 Step right beside left, cross left over right

MAKE ¾ LEFT SLOW SWEEP TURN, WEAWE, HIP SWAYS, ¾ LEFT TURN

59-60 Over 2 counts - sweep right around as you execute ¾ turn left (weight remains on left) (9 O'Clock)

61&62 Cross right over left, step left to left, cross right behind left

63-64 Step left to left and then sway hips left, sway hips right

& Execute ¾ turn left on ball of right (12 O'Clock)

REPEAT
