

# This I Promise You

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Andy Skidmore (UK) - October 2007  
音樂: This I Promise You - Ronan Keating



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## Rock Recover, Back lock back, Back rock recover, Side rock cross

1-2      Rock fwd on left, recover back on right,  
3&4      Step back on left, lock right across left, step back on left,  
5-6      Rock back on right, recover on left  
7&8      Right Side rock recover left, cross right over left.

## Quarter, Quarter, Cross recover, Side chasse, Back & side.

1-2      Step back on left make  $\frac{1}{4}$  right, further  $\frac{1}{4}$  stepping right to right  
3-4      Rock left over right. recover on right,  
5&6      Step left to left side, close right along side, step left to left side  
7&8      Rock back on right, recover onto left, step right to right side

## Left behind unwind $\frac{3}{4}$ , Right shuffle, Rock step, Coaster cross.

1-2      Cross left behind right, unwind  $\frac{3}{4}$  turn, step  
3&4      Forward on right, step left along side, step fwd on right  
5-6      Rock forward on left, recover on right,  
7&8      Step back on left, right alongside left, cross left over right.

## Side touch left, Full turn left. Cross recover, Chasse right

1 -2      Step right to right, touch left along side,  
3&4      Full turn left, making  $\frac{1}{4}$   $\frac{1}{4}$   $\frac{1}{2}$ ,  
5-6      Cross rock right over left  
7&8      Step right to right, close left alongside, step right to side

**START DANCE AGAIN - WITH A SMILE**

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