

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



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
