

# I Promise You (updt 5-2)

COPPER KNOB  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Craig Bennett (UK) - March 2009  
音樂: This I Promise You - Ronan Keating : (Album: Bring You Home)



## Side Behind Sweep, Behind Side Forward, Rock Recover ¼, ½ ½ Cross

1,2,3      Step right to right side, step left behind right, sweep right around and behind left  
4&5      Step right behind left, step left to left side, step forward onto right  
6&7      Rock forward onto left, Recover onto right, Make ¼ turn left stepping left to left side  
8&1      ½ turn left stepping right to right side, ½ turn left stepping left to left side, cross right over left

## Back, Side, Forward, Rock Recover ¼, ½ Cross and Cross

2-3,4      Step back onto left, Step right to right side, step forward onto left  
5&6      Rock forward onto right, Recover back onto left, Make a ¼ turn right stepping right to right side  
7&8&      Make ½ turn right stepping left to left side, cross right over left, step left to side, cross right over left

## Lunge left, Cross Unwind full turn Step, Rock Recover Side (basic), Coaster Step

1-2      Rock left to left side, (lunge) Recover onto right  
3&4      Cross left over right, unwind a full turn right, step left to left side  
5&6      Rock back onto right, Recover onto left, Step right to right side  
7&8      Step back onto left, Step right beside left, Step forward onto left

## Step, ¼ with Point, Press, Recover/Sweep ½ Turn, Modified Sailor Step, Rock Recover, Step Side, Together

1-2      Step forward onto right, Make ¼ turn right pointing left to left side  
3-4      Press forward left, recover onto right sweeping left around behind right making ½ turn left  
5&6      Step back onto left, Step right to right, Step left to left side (large step)  
7&8&      Rock back onto right, Recover onto left, Step right to right side, Step left next to right

**START AGAIN AND ENJOY!**

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