

# Promise This

拍數: 72                      牆數: 1                      級數: Beginner  
編舞者: Carmela Saliba - November 2010  
音樂: Promise This - Cheryl : (Album: Messy Little Raindrops)



Sequence:- A B C A B C A B C - ONE WALL (move your body )  
Start the dance on vocals ( In my beginning)

## Section A: Shuffle forward right, scuff left forward, shuffle forward left scuff right forward

1 – 4                      Step forward right, close left beside right, step forward right, scuff left forward  
5 – 8                      Step forward left, close right beside left, step forward left, scuff right forward

## Step backward diagonal right touch toe left, step backward diagonal left touch toe right.

1 – 2                      step diagonal backward right, touch left toe next to right  
3 – 4                      step diagonal backward left, touch right toe next left  
5 – 6                      step diagonal backward right, touch left toe next to right  
7 – 8                      step diagonal backward left, touch right toe next left

## Cross right, cross left , cross right, ½ turn left step right cross left ½ turn left step back left

1 – 4                      cross right over left, cross left over right,  
5 – 8                      Cross right over ½ turn left , step forward right, cross left over right ½ turn left, step back on left

## Step backward diagonal right touch toe left, step backward diagonal left touch toe right slide and touches

1 – 2                      step diagonal backward right, touch left toe next to right  
3 – 4                      step diagonal backward left, touch right toe next left  
5 – 6                      step diagonal backward right, touch left toe next to right  
7 – 8                      step diagonal backward left, touch right toe next left

## Close, and cross your hand, slide and open your arms, close and cross your hand, hold (As she sings cover me please, spread your wing, cover me, and.)

1 – 2                      Slide both feet to the sides as you open your arms out (like spreading your wings)  
3 – 4                      close both feet together as you cross your hand in front and hold your arms (as it covering you with the wings)  
5 – 6                      Slide both feet to the sides as you open your arms out (like spreading your wings)  
7 – 8                      Close both feet together as you cross your hand in front and hold your arms ( as it covering you with the wings )

Hold for 1 count, as she says (and)

## Section B: Promise this : Grapevine right scuff left, grapevine left right scuff

1 – 4                      step right to right side, cross left behind right, step right to right side scuff left  
5 – 8                      step right to right side, cross left behind right, step right to right side scuff left

## Step backward diagonal right touch toe left, step backward diagonal left touch toe right slide and touches

1 – 2                      step diagonal backward right, touch left toe next to right  
3 – 4                      step diagonal backward left, touch right toe next left  
5 – 6                      step diagonal backward right, touch left toe next to right  
7 – 8                      step diagonal backward left, touch right toe next left

## Section C: Alouette uette uette : Side steps right, side touch steps left, left touch turn s ¼ pivots

1 – 4                      Step right to right side, touch left next to right, step right to right side, touch left next to right  
5 – 8                      Step left to left side, touch right next to left, step left to left side touch right next to left  
9 – 12                      Step right to right side, touch left next to right, Step left to left side, touch right next to left

13 – 16            step forward  $\frac{1}{4}$  turn left, touch left toe next to right, step forward  $\frac{1}{4}$  turn left, touch right toe  
                         next to left

**Repeat 1 to 16 (move your body and your hands like the video song)**

**Finish the dance with some body movements on the spot.**

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