

# Promise

拍數: 64      牆數: 4      級數: Beginner  
編舞者: Dione Keith Zacarias (USA) - February 2013  
音樂: Promise (feat. Usher) - Romeo Santos : (CD: Formula Vol. 1)



Intro: 64 counts from vocals

## Sec 1-8 : BACHATA BASIC

1-4            Step R to side, step L together, step R to side, touch ball of L to side  
5-8            Step L to side, step R together, step L to side, touch ball of R to side

## Sec 9-16: BACHATA ROLLS

1-2            Step R to side & turn 1/4 right, step L forward & turn 1/2 right  
3-4            Step R forward & turn 1/4 right, touch ball of L to side  
5-6            Step L to side & turn 1/4 left, step R forward & turn 1/2 left  
7-8            Step L forward & turn 1/4 left, touch ball of R to side

## Sec 17-24: HIP GRINDS

1-4            Rock R to side, recover to L, rock R to side, touch L heel slightly forward  
5-8            Rock L to side, recover to R, rock L to side, touch R heel slightly forward

## Sec 25-32: DIAGONAL STEPS

1-2            Step R diagonally forward (body turned slightly to left), lock L behind R  
3&4            Shuffle R, L, R diagonally forward  
5-6            Step L diagonally forward (body turned slightly to right), lock R behind L  
7&8            Shuffle L, R, L diagonally forward

## Sec 33-48: SIDE AND SIDE WITH FLICKS

1-4            Square up & step R to side, step L together, step R to side, touch L together  
5-8            Touch L to side, flick L over R knee, touch L to side, flick L behind R  
9-12           Step L to side, step R together, step L to side, touch R together  
13-16           Touch R to side, flick R over L knee, touch R to side, flick R behind L

## Sec 49-56: DIAGONAL STEPS

1-2            Step R diagonally back (body turned slightly to right), lock L over R  
3&4            Shuffle R, L, R diagonally back  
5-6            Step L diagonally back (body turned slightly to left), lock R over L  
7&8            Shuffle L, R, L diagonally back

## Sec 57-64: BACHATA BASIC

1-4            Square up & step R to side, step L together, step R to side, touch ball of L to side  
5-8            Step L to side, step R together, step L to side, touch ball of R to side  
&            Turn 1/4 right (weight to L)

REPEAT

Submitted by - Roly Ansano: [rolando.ansano@gmail.com](mailto:rolando.ansano@gmail.com)