

# A' Vow & A Promise To You

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver - Cha Cha  
編舞者: Peter Davenport (ES) - June 2013  
音樂: This I Promise You - Lisa McHugh : (Album: Dreams Come To Life)



16 Count Intro, Start on the words "My Love" aprox 11 seconds. Track Length 4.03  
This dance is dedicated to my Best Friend

## Step R.L, Spiral Full Turn, Forward Shuffle, Rock Replace, Shuffle Back

1,2,3      Step forward on R, Cross Lover R, Spiral full turn R, (weight on L) 12  
(for styling purpose try to extenuate the spiral making it flow through)  
4&5      Shuffle forward R.L.R (cha cha style) 12  
6,7      Rock forward on L, Recover on R 12  
8&1      Shuffle back L.R.L (cha cha style) 12

## Back Together, Rock & Cross, Side Behind, Shuffle ¼ L

2,3      Step back on R, Bring L to R 12  
4&5      Rock R out to R side, Recover on L, Cross R over L 12  
6,7      Step L to L side, Cross R behind L 12  
8&1      Shuffle ¼ L (cha cha style) 9

## Step ½ Turn L, Shuffle ½ L, Step ¼ L, Cross, Rock & Cross

2,3      Step forward on R, Pivot ½ L (weight on L) 3  
4&5      Shuffle round ½ L, R.L.R (weights back on R) 3  
6,7      Make ¼ L step L out to L side, Cross R over L 6  
8&1      Rock L out to L side, Recover on R, Cross L over R 6

## Side Together, Chasse R, Rock Replace, ¼ Turn Step

2,3      Step R to R side, Bring L to R 6  
4&5      Chasse R (cha cha style) 6  
6,7      Cross rock L over R, Recover on R 6  
8      Make ¼ L stepping on L 3

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