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| I Promise You |  |

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| **Count:** | 32 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Stella Kim (KOR) - August 2017 |
| **Music:** | This I Promise You - Shane Filan |
| . |

**Intro: 16 counts**

**Sequence: 32-32-32-Tag-32-28-32-Tag-32-16-32-32**

**SEC 1: SIDE, BACK ROCK, RECOVER, 1/4 L WITH FORWARD AND 1/4 L WITH FOOT CLOSED WITHOUT WEIGHT, CROSS ROCK, RECOVER, 1/4 R WITH FORWARD, FULL TURN R, FORWARD X3**

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| 1-2& | RF side long step, LF back rock, RF recover |

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| 3-4& | 1/4 turn L with LF forward and 1/4 turn L with RF closed LF without weight , RF cross rock, LF recover |

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| --- | --- |
| 5-6& | 1/4 turn R with RF forward, 1/2 turn R with LF back, 1/2 turn R with RF forward |

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| --- | --- |
| 7-8& | LF forward, RF forward, LF forward |

**SEC 2: FORWARD ROCK, RECOVER, BACK, BACK, LOCK, 1/4 L WITH SIDE SWAY, SWAY, 1/4 L WITH FORWARD WITH SWEEP, CROSS, BACK**

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| 1-3 | RF forward rock, LF recover with RF drag, RF back with LF drag |

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| 4&5 | LF back, RF cross over lock LF, 1/4 turn L with LF side and sway |

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| --- | --- |
| 6 | R sway(weight RF) |

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| 7-8& | 1/4 turn L with LF forward and RF sweep from back to front, RF cross over LF, LF diagonal back \*Restart Here – Wall 8 |

**SEC 3: BACK, CROSS, BACK, BACK ROCK, RECOVER, FORWARD LOCK STEP, FORWARD AND SPIRAL FULL TURN L, FORWARD, FORWARD ROCK, RECOVER**

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| 1-2& | RF diagonal back, LF cross over RF, RF diagonal back |

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| 3& | LF back rock, RF recover |

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| 4&5 | LF forward, RF behind lock LF, LF forward |

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| 6 | RF forward and full turn L with LF cross over RF without weight |

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| 7-8& | LF forward, RF forward rock, LF recover |

**SEC 4: BACK WITH SWEEP, BACK, 1/4 R WITH SAILOR STEP, CROSS, SIDE ROCK, RECOVER, BACK ROCK, RECOVER.**

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| --- | --- |
| 1-2 | RF back with LF sweep form front to back, LF back with RF sweep form front to side |

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| 3&4& | 1/4 turn R with RF cross behind LF, LF slightly side, RF side, LF cross over RF |

**\*Restart Here – wall 5**

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| 5-6 | RF side rock, LF recover |

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| 7-8 | RF back rock, LF recover |

**TAG (8count) : After 3rd, 6th wall, you have to dance more 8 counts.**

**Tag step is same as SEC 4.**

**RESTARTS :-**

**On the 5th wall, you should dance until 28 counts and start again.**

**On the 8th wall, you should dance until 16 counts and start again.**

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**http://www.youtube.com/user/thetrianglelinedance https://www.facebook.com/sktelkmh**