

# Promise This

Count: 72

Wand: 1

Ebene: Beginner

Choreograf/in: Carmela Saliba - November 2010

Musik: 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.**

---