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| --- | --- |
| Promise U |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Betty Lee (CAN) - December 2016 | | | | |
| **Music:** | This I Promise You - Ronan Keating | | | | |
| . | | | | | | |

**Start on lyric: “Love”**

**S 1: FORWARD ROCK, SHUFFLE FULL TURN R, FORWARD ROCK, SHUFFLE ¾ L**

|  |  |
| --- | --- |
| 1-2 | Rock step R forward, Recover onto L |

|  |  |
| --- | --- |
| 3&4 | Triple steps R, L, R making full turn R |

|  |  |
| --- | --- |
| 5-6 | Rock step L forward, Recover onto R |

|  |  |
| --- | --- |
| 7&8 | Triple steps L, R, L making ¾ turn L ( 3:00 ) |

**\*\* Less turning option:**

|  |  |
| --- | --- |
| 3&4 | Triple steps R,L,R in place |

|  |  |
| --- | --- |
| 5-6 | Rock step L forward, ¼ R stepping back R |

|  |  |
| --- | --- |
| 7&8 | Cross L over R, Step R to R, Cross L over R |

**S 2: SIDE, TOGETHER, LOCK STEP FORWARD, SIDE, TOGETHER, LOCK STEP BACK**

|  |  |
| --- | --- |
| 1-2 | Step R to R, Step L next to R |

|  |  |
| --- | --- |
| 3&4 | Step R forward, Lock step L behind R, Step R forward |

|  |  |
| --- | --- |
| 5-6 | Step L to L, Step R next to L |

|  |  |
| --- | --- |
| 7&8 | Step back L, Lock step R in front to L, Step back L |

**S 3: LOCK STEPS BACK X2, SHUFFLE ½ R TWICE**

|  |  |
| --- | --- |
| 1&2 | Step R, Lock step L in front of R, Step back R |

|  |  |
| --- | --- |
| 3&4 | Step back L, Lock Step R in front of L, Step back L |

|  |  |
| --- | --- |
| 5&6 | ¼ R step R to R, Step L next to R, ¼ R step R forward |

|  |  |
| --- | --- |
| 7&8 | ¼R step L to L, Step R next to L, ¼ R step back L |

**\*\* Less turning option**

|  |  |
| --- | --- |
| 5&6 | Step R Back, Recover to L, Step R forward slightly ( R back mambo) |

|  |  |
| --- | --- |
| 7&8 | Step L forward, Recover to R, Step L back slightly (L forward mambo) |

**S 4: SIDE ROCK, CROSS, HOLD, SIDE ROCK, CROSS, HOLD**

|  |  |
| --- | --- |
| 1-4 | Rock step R to R, Recover onto L, Cross R over L, Hold |

|  |  |
| --- | --- |
| 5-8 | Rock step L to L, Recover onto R, Cross L over R, Hold |

**Option for section 4:**

|  |  |
| --- | --- |
| 1-2 | rock step R to R side, recover to L |

|  |  |
| --- | --- |
| 3&4 | cross R over L, step L to L side, cross R over L |

|  |  |
| --- | --- |
| 5-6 | rock step L to L side, recover to R |

|  |  |
| --- | --- |
| 7&8 | cross L over R, step R to R side, cross step L over R |

**REPEAT**

**Last Update - 11 Nov. 2019**