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| I Promise U |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Lesley Clark (SCO) | | | | |
| **Music:** | This I Promise You - Ronan Keating | | | | |
| . | | | | | | |

**ROCK, RECOVER, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FORWARD**

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| 1-2 | Rock forward on right, recover on left |

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| 3&4 | ½ turn right shuffle over right shoulder on a right, left, right |

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| --- | --- |
| 5-6 | ½ turn right stepping back on left foot, ½ turn right stepping forward on right |

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| --- | --- |
| 7&8 | Shuffle forward left on a left, right, left |

**ROCK,RECOVER,BEHIND,SIDE,CROSS,SWAY,SWAY,BEHIND,SIDE,CROSS**

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| --- | --- |
| 1&2 | Rock forward on right, recover on left, step right to right side |

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| --- | --- |
| 3&4 | Cross step left behind right, step right to right side, cross step left over right |

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| --- | --- |
| 5-6 | Sway right, sway left |

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| --- | --- |
| 7&8 | Step right behind left, step left to left side, step right across left |

**SWAY, SWAY, SAILOR ¼ TURN, STEP PIVOT, RIGHT LOCK STEP**

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| --- | --- |
| 1-2 | Sway left, sway right |

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| --- | --- |
| 3&4 | Sweep the left foot out to left side as you turn ¼ turn left stepping, left, right, left forward |

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| --- | --- |
| 5-6 | Step forward on right, pivot ½ turn left |

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| 7&8 | Step forward on right, step left next to right, step forward on right |

**MAMBO FORWARD, MAMBO STEP, ½ TURN, RIGHT LOCK STEP, STEP**

|  |  |
| --- | --- |
| 1&2 | Rock forward on left, recover on right, step left next to right |

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| --- | --- |
| 3&4 | Rock back on right, recover on left, step forward on right |

|  |  |
| --- | --- |
| 5 | Pivot ½ turn left |

|  |  |
| --- | --- |
| 6&7 | Step forward on right, lock left behind right, step forward on right |

|  |  |
| --- | --- |
| 8 | Step forward on left |

**REPEAT**