No Promises - Easy

Count: 32 **Wall:** 2 **Level:** High Beginner
Choreographer: Lene Mainz Pedersen (DK) - October 2018
Music: Promises - Calvin Harris & Sam Smith : (iTunes)

(intro: 64 counts)

[1-8] WALK BACK R+L, COASTER, WALK FWD L+R, LOCK STEP FWD

1 – 2	Step R back, Step L back
3 & 4	Step R back, Step L beside R, Step R fwd
5 - 6	Step L fwd, Step R fwd
7 & 8	Step L fwd, Lock R behind L, Step L fwd

[9-16] ROCKING CHAIR, STEP R, HOLD, BALL STEP R, POINT L

1 – 4	Rock fwd on R, Recover on L, Rock back on R, Recover on L *** Tag & Restart ***
5 - 6	Step R to R side, HOLD
&7 - 8	Step L beside R, Step R to R side, Point L to L

[17-24] 1/4 L, 1/2 L, CHASSE 1/4 L, JAZZ 1/4 R, CROSS L

1 - 2	Turn ¼ L step L fwd, Turn ½ L step back on R (3:00)
3 & 4	Turn ¼ L Step L to L side, Step R beside L, Step L to L side (12:00)
5 – 8	Cross R infront of L, Turn ¼ R stepping back on L, Step R to R side, Cross L infront of R (3:00)

[25-32] STEP R, STEP L TOGETHER, SHUFFLE FWD, STEP L, STEP R TOGETHER, SHUFFLE BACK

1 - 2	Step R to R side, Step L beside R
3 & 4	Step R fwd, Step L beside R, Step R fwd
5 - 6	Step L to L side, Step R beside L
7 & 8	Step back on L, Step R beside L, Step back on L

TAGS: 2 EASY TAGS: Wall 5 & 10 (12:00) after 12 Counts (after Rocking Chair) – Jazz box, Cross (12:00)

1 – 4	Cross R infront of L, Step back on L, Step R to R side, Cross L infront of R

ENDING: Wall 13 (6:00) after 12 Counts (after Rocking Chair) – Step 1/2 turn L, Step R fwd

1 – 4	Step fwd on R, Turn ½ L recover on L, Step R fwd, raise your arms and SMILE ☐

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