

# I Promise You (updt 5-2)

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Craig Bennett (UK) - March 2009

**Music:** This I Promise You - Ronan Keating : (Album: Bring You Home)



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## **Side Behind Sweep, Behind Side Forward, Rock Recover ¼, ½ ½ Cross**

- 1,2,3 Step right to right side, step left behind right, sweep right around and behind left
- 4&5 Step right behind left, step left to left side, step forward onto right
- 6&7 Rock forward onto left, Recover onto right, Make ¼ turn left stepping left to left side
- 8&1 ½ turn left stepping right to right side, ½ turn left stepping left to left side, cross right over left

## **Back, Side, Forward, Rock Recover ¼, ½ Cross and Cross**

- 2-3,4 Step back onto left, Step right to right side, step forward onto left
- 5&6 Rock forward onto right, Recover back onto left, Make a ¼ turn right stepping right to right side
- 7&8& Make ½ turn right stepping left to left side, cross right over left, step left to side, cross right over left

## **Lunge left, Cross Unwind full turn Step, Rock Recover Side (basic), Coaster Step**

- 1-2 Rock left to left side, (lunge) Recover onto right
- 3&4 Cross left over right, unwind a full turn right, step left to left side
- 5&6 Rock back onto right, Recover onto left, Step right to right side
- 7&8 Step back onto left, Step right beside left, Step forward onto left

## **Step, ¼ with Point, Press, Recover/Sweep ½ Turn, Modified Sailor Step, Rock Recover, Step Side, Together**

- 1-2 Step forward onto right, Make ¼ turn right pointing left to left side
- 3-4 Press forward left, recover onto right sweeping left around behind right making ½ turn left
- 5&6 Step back onto left, Step right to right, Step left to left side (large step)
- 7&8& Rock back onto right, Recover onto left, Step right to right side, Step left next to right

**START AGAIN AND ENJOY!**

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