

I Promised Myself

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Jennifer Jou (TW) - September 2015

Music: I Promised Myself - Nick Kamen



Intro: 48 counts - Sequence: 64/64/64/48/64/64/64

Sec 1: SIDE.HOLD,TOGETHER,CHASSE R,CROSS,RECOVER,1/4 TURN LEFT SAILOR STEP

1 2& Step RF to right side,hold,step LF together,
3&4 Step RF to right side,step LF together RF,step RF to right side
5 6 Cross LF over RF,recover weight onto RF
7&8 1/4 turn left step LF behind RF,step RF to right side,step LF forward 9:00

Sec 2: ROCK,RECOVER,FORWARD,ROCK,RECOVER,FORWARD,FORWARD,RECOVER,3/4 TRIPLE STEP

1&2 Rock RF to right side,recover onto LF,forward RF over LF
3&4 Rock LF to left side,recover onto RF,forward LF over RF
5 6 Step RF forward,recover onto LF
7&8 3/4 turn right triple step in place RLR 6:00

Sec 3: ROCK,RECOVER,TOGETHER,CROSS SHUFFLE,ROCK,1/4 TURN RIGHT,SHUFFLE FORWARD

1 2& Rock LF to left side,recover onto RF,step LF beside RF
3&4 Cross RF over LF,step LF to left side,cross RF over LF
5 6 Rock LF to left side,1/4 turn right weight onto RF
7&8 Step LF forward,step RF behind LF,step LF forward 9:00

Sec 4: KICK BALL TOUCH*2,1/4 TURN RIGHT CROSS STEP

1&2 Kick RF forward,step down on RF,touch LF to left side
3&4 Kick LF forward,step down on LF,touch RF to right side
5 6 1/4 turn right Cross RF over LF,step LF to left side
7&8 Cross RF over LF,step LF to left side,cross RF over LF 12:00

Sec 5: 1/4 TURN RIGHT LOCK STEP, CHASSE R,1/2 TURN RIGHT CHASSE L

1 2 1/4 turn right step LF forward,lock RF behind LF 3:00
3&4 Step LF forward,lock RF behind LF,step LF forward
5&6 Step RF to right side,step LF beside RF,step RF to right side
7&8 1/2 turn right step LF to left side,step RF beside LF,step LF to left side 9:00

Sec 6: TOUCH,1/4 TURN RIGHT TOUCH,COASTER R,TOUCH,1/2 TURN RIGHTSIDE TOUCH, COASTER L

1&2 Touch R toe forward,touch,1/4 turn right touch R toe forward
3&4 Step RF on back, step LF next to RF,step forward on RF 12:00
5&6 Touch L toe forward,1/2 turn right touch L toe to left side
7&8 Step LF back, step RF next LF,step LF forward 6:00

Sec 7: FORWARD,HOLD, BEHIND, FORWARD, 1/2 TURN RIGHT, TOUCH FORWARD,TOUCH BACK, SHUFFLE FORWARD

1 2& Step RF forward, hold, step LF behind RF
3 4 Step RF forward,1/2 turn right flick LF behind RF 12:00
5 6 Touch LF forward,touch LF back
7&8 Step LF forward,lock RF behind LF ,step LF forward 12:00

Sec8: ROCK, RECOVER, TOGETHER, ROCK, RECOVER, COASTER, STEP FORWARD, 1/2 TURN LEFT

1 2&	Rock RF to right side, recover onto LF, step RF beside LF
3 4	Rock LF to left side, recover onto RF,
5&6	Step LF back, step RF beside LF, step LF forward
7 8	Step RF forward, 1/2 turn left weight onto LF 6:00

Contact: Chou450819@yahoo.com.tw
