

Make No Promises

Count: 64

Wall: 2

Level: Intermediate

Choreographer: José Miguel Belloque Vane (NL) & Jef Camps (BEL) - August 2018

Music: Promises - Calvin Harris & Sam Smith



(intro: 64 counts)

S1: CROSS, TOE SWITCHES, ROLLING VINE, CROSS SAMBA

- 1-2&3 RF cross over LF, LF touch side, LF close next to RF, RF touch side
- 4-5-6 $\frac{1}{4}$ turn R & put weight on RF, $\frac{1}{2}$ turn R & LF step back, $\frac{1}{4}$ turn R & RF step side (12:00)
- 7&8 LF cross over RF, RF step side, LF step side & angle body to L-diagonal

S2: CROSS, $\frac{1}{2}$ HINGE TURN, DIAG. STEP-LOCK-STEP, HOLD, BALL, STEP, BRUSH, $\frac{1}{8}$ HITCH

- 1-2-3 RF cross over LF, $\frac{1}{4}$ turn R & LF step back, $\frac{1}{4}$ turn R & RF step side (6:00)
- 4&5-6 $\frac{1}{8}$ turn R & LF step forward, RF lock behind LF, LF step forward, hold (7:30)
- &7-8 RF close next to LF, LF step forward, RF brush next to RF while turning $\frac{1}{8}$ L on LF (6:00)

S3: CROSS, $\frac{1}{4}$ BACK, STEP-LOCK-STEP BWD, ROCK BACK/RECOVER, SHUFFLE $\frac{1}{2}$ TURN

- 1-2 RF cross over LF, $\frac{1}{4}$ turn R & LF step back (9:00)
- 3&4 RF step back, LF lock in front of RF, RF step back
- 5-6 LF rock back, recover on RF
- 7&8 $\frac{1}{4}$ turn R & LF step side, RF close next to LF, $\frac{1}{4}$ turn R & LF step back (3:00)

S4: ROCK BACK/RECOVER, FULL TURN, $\frac{1}{4}$ SIDE, HOLD, BALL, SIDE, TOUCH

- 1-2 RF rock back, recover on LF
- 3-4 $\frac{1}{2}$ turn L & RF step back, $\frac{1}{2}$ turn L & LF step forward (3:00)
- 5-6 $\frac{1}{4}$ turn L & RF step side, hold (12:00)
- &7-8 LF close next to RF, RF big step side, LF touch next to RF

S5: STEP, $\frac{1}{2}$ BACK, COASTER STEP, STEP, $\frac{1}{2}$ BACK, SHUFFLE $\frac{1}{2}$ TURN

- 1-2 LF step forward, $\frac{1}{2}$ turn L & RF step back (6:00)
- 3&4 LF step back, RF close next to LF, LF step forward
- 5-6 RF step forward, $\frac{1}{2}$ turn R & LF step back (12:00)
- 7&8 $\frac{1}{4}$ turn R & RF step side, LF close next to RF, $\frac{1}{4}$ turn R & RF step forward (6:00)

S6: PRESS, RECOVER/SWEEP, BACK/SWEEP, SAILOR, STOMP, HEEL SWIVELS WITH $\frac{1}{4}$ TURN

- 1-2-3 LF press forward, recover on RF & sweep LF back, LF step back & sweep RF back
- 4&5 RF cross behind LF, LF step side, RF stomp into R diagonal
- 6-7-8 Swivel both heels to R, swivel both heels to L, swivel both heels to R while turning $\frac{1}{4}$ L (3:00)

S7: HEEL GRIND, BALL, CROSS, SIDE, SAILOR STEP, BEHIND, $\frac{1}{4}$ STEP FWD

- 1-2& R-Heel cross over LF, RF twist toes to R while stepping LF side, RF close next to LF
- 3-4 LF cross over RF, RF step side
- 5&6 LF cross behind RF, RF step side, LF step side
- 7-8 RF cross behind LF, $\frac{1}{4}$ turn L & LF step forward (12:00)

S8: V-STEP ON HEELS, KICK-BALL-STEP, STOMP, BOUNCING $\frac{1}{2}$ TURN

- 1&2& RF step heel into R diagonal, LF step heel into L diagonal, RF step back, LF close next to RF
- 3&4 RF kick forward, RF close next to LF, LF step forward
- 5-6 RF stomp forward, bounce $\frac{1}{4}$ turn L on heels (9:00)
- 7-8 Bounce $\frac{1}{8}$ turn L on heels, bounce $\frac{1}{8}$ turn L on heels (6:00)

Start again, and have fun!

Tag: 16 count tag after 1st wall (6:00) & 3rd wall (12:00)

CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼ STEP FWD

1-2-3-4 RF cross over LF, LF sweep forward, LF cross over RF, RF step side

5-6-7-8 LF cross behind RF, RF sweep back, RF cross behind LF, ¼ turn L & LF step forward

STEP, ½ PIVOT, ½ SHUFFLE, ½ FWD, PADDLES ¾ TURN

1-2 RF step forward, ½ turn L putting weight on LF

3&4 ½ turn L & RF step back, LF close next to RF, RF step back

5-6 ½ turn L & LF step forward, ¼ turn L on LF & RF touch side

7-8 ¼ turn L on LF & RF touch side, ¼ turn L on LF & RF touch side

Ending: first 8 counts of facing the back and add following steps to finish the front

1-2-3-4 ¼ turn L RF step side and push R-hand forward and start raising it (over 4 counts)

5-6-7-8 Push L hand forward and start raising it (over 4 counts)

And slowly pull both hands in towards chest
