

# No Promise

Count: 32

Wall: 4

Level: Advanced

Choreographer: Hiroko Carlsson (AUS) - December 2023

Music: No Promises - Lewis Thompson : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(The dance starts after you hear 'I don't break no promises.')

Facing 10:30 to begin

**[S1] Step-1/2L Tap-&, Fwd Rock-Together, Step-3/8R Tap-&, Out L-Out R-Out L**

- 1 2& Step forward on R, Make a  $\frac{1}{2}$  turn left (weight on R) tap L next to R (4:30), Step L beside R
- 3&4 Rock forward on R, Replace weight on L, Step R next to L (push your hips back)
- 5 6& Step forward on L, Make a  $\frac{3}{8}$  turn left (weight on L) tap R next to L (9:00), Step R beside L
- 7&8 Step/stomp out on L to the left, Step/stomp out on R to the right, Step/stomp out on L to the left

**[S2] Dip w/ Knee Roll In, Knee Roll Out, Kick L, Dip-Knee Roll In-Out-Kick R, 1/4R Behind-Side-Fwd, Flick**

- 1 2 Step to the side with R and dip down/rolling your knees inward, Rolling your knees outward
- 3 Step down on R and kick L foot diagonally forward
- 4& Step to the side with L and dip down/rolling your knees inward, Rolling your knees outward
- 5 Step down on L and kick R foot diagonally forward
- 6&7 Making a  $\frac{1}{4}$  turn right stepping R behind L, Step L to the side, Step slightly R across L
- 8 Flick L toes behind R

**[S3] Side Rock-1/2L Ball-Shuffle Fwd into Press, Recover-1/4R-1/2R Coaster Step**

- 1 2& Rock L to the side, Replace weight on R, Make a swift  $\frac{1}{2}$  turn left stepping L beside R (6:00)
- 3&4 Shuffle forward on R-L-R (rock forward on R)
- 5 6 Replace weight on L, Make a  $\frac{1}{4}$  turn right stepping forward on R (9:00)
- 7&8 Make a  $\frac{1}{2}$  turn right stepping back on L (3:00), Step R next to L, Step forward on L

**[S4] 1/8R Step, Lock, 3/4R Triple Turn, Step-Lock-Step, Step-Pivot 1/2L**

- 1 2 Make a  $\frac{1}{8}$  turn right stepping forward on R (4:30), Lock/step L behind R
- 3&4  $\frac{3}{4}$  right triple turn - Step forward on R, Make a  $\frac{1}{2}$  turn right stepping L beside R, Make a  $\frac{3}{8}$  turn right stepping forward on R (1:30)
- 5&6 Step forward on L, Lock/step R behind L, Step forward on L
- 7 8 Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (7:30)

**TAG: 8 counts Tag at the end of Wall 2 (4:30) – 2x (Step-Pivot 1/2L, Walk-Walk)**

- 1 2 Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (10:30)
- 3 4 Step forward on R-L
- 5 6 Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (4:30)
- 7 8 Step forward on R-L

Ending suggestion: The last wall ends facing 7:30. Make a  $\frac{5}{8}$ L turn to the front stepping back on R.

(updated: 26/Dec/23)