

Promises

Count: 48

Wall: 4

Level: Improver

Choreographer: Beth Tiwi (INA) - January 2024

Music: Promises - The Cranberries



Start on lyrics

Part A 32count

S1. Side, Behind, Side, Brush, Side, Behind, Side, Touch

- 1-2 Step RF to right, step LF behind right
- 3-4 Step RF to right, brush LF
- 5-6 Step LF to left, step RF behind left
- 7-8 Step LF to left, touch RF beside Left

S2. Fish Tail

- 1-2 Step RF to diagonal right, step LF beside R
- 3-4 Step LF to diagonal left, Step RF beside L
- 5-6 Step RF to back diagonal right, Step LF beside R
- 7-8 Step LF to back diagonal left, step RF beside L

S3 : ¼ Monterey Turn, Side, Flick Side

- 1-2 Step RF touch to side right, ¼ turn Right step LF close beside Left
- 3-4 Step LF touch to Left side; step Left close beside Right
- 5-6 Step RF to right, flick LF behind right
- 7-8 Step LF to left, step RF beside left

S4 : Jump Out – In, Walk, Kick

- 1&2 Jump RF to R side diagonal, Jump LF to L side
- 3&4 Jump RF to centre, jump LF close beside R
- 5-6 Walk Foward RL
- 7-8& Kick RF on Foward, replace right on back, step LF beside R

Part B 16count

Sec 1 : Rhumba Box (shuffle)

- 1-2 Step RF to Right side, Step LF next to Right.
- 3&4 Step shuffle forward on Right
- 5-6 Step LF to left, Step RF next to Left.
- 7&8 Step shuffle backward on Left

Sec 2 : Side, ¼ Turn Side (2x)

- 1-2 Step RF to side right, step LF beside R
- 3-4 Step LF to side left, step RF beside L ¼ turn left
- 5-6 Step RF to side right, step LF beside R
- 7-8 Step LF to side left, step RF beside L

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Dancing with your soul!