

# A Lifetime Promise

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Beatriz Gonzalez Paradell (UK) - April 2024

**Music:** Solo - Myles Smith



**Intro: 16 count intro**

**[1-8] R RUMBA BOX FWD, HOLD, L RUMBA BOX FWD, SCUFF**

- 1 - 2 Step RF to R side, step LF next to RF,
- 3 - 4 Step fwd RF, hold (Instead of hold, you can tap/scuff LF)
- 5 - 6 Step LF to L side, step RF next to LF,
- 7 - 8 Step fwd LF, Scuff with RF

**[9-16] STEP, TAP, STEP, KICK, SLOW COASTER, TOUCH**

- 1 - 2 Step RF forward, tap LF behind RF,
- 3 - 4 Step back on LF, kick RF forward
- 5 - 6 Step back RF, step LF next to RF,
- 7 - 8 Step forward RF, Touch LF next to RF

**[17-24] ¼ MONTEREY L, JAZZ BOX**

- 1 - 2 Point LF to L side, turn ¼ L on RF stepping LF next to RF,
- 3 - 4 point RF to R side, Touch RF next to LF
- 5 - 6 Cross RF over LF, Step LF back,
- 7 - 8 Step RF to right side, Touch LF next to RF

**[25-32] ½ L, STEP, SCUFF, STEP, SCUFF, STEP, TOUCH**

- 1 - 2 ¼ Turn left step LF forward, ¼ Turn left step RF forward,
- 3 - 4 step forward LF, Scuff with RF
- 5 - 6 step RF diagonally to R, scuff LF next to RF
- 7 - 8 step LF diagonally to L, Touch RF next to LF

**AND START AGAIN**

**ENJOY!!**