

# No Promises

**Count:** 40

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Shaz Walton (UK)

**Music:** No Promises - Shayne Ward



## **STEP, STEP ½ PIVOT, STEP, STEP ½ PIVOT, STEP, ROCK ¼ TURN, CROSS, SIDE, BEHIND, SIDE**

- 1-2&3 Step forward on right, step forward left, pivot ½ turn right, step forward left
- 4&5 Step forward on right, pivot ½ turn left, step forward right
- 6& Make ¼ turn right as you rock left to left side, recover on right
- 7& Cross step left over right, step right to right side
- 8& Cross step left behind right, step right to right side

## **CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, PRISSY WALKS TWICE, MAMBO STEP, ½ TURN RIGHT**

- 1-2& Cross rock left over right, recover on right, step left beside right
- 3-4& Cross rock right over left, recover on left, step right beside left
- 5-6 Cross walk left over right, cross walk right over left (prissy walks)
- 7&8 Rock forward left, recover on right, step back on left
- & Make ½ turn right, stepping right forward

## **SPIRAL FULL TURN, STEP, TOGETHER, STEP, MAMBO SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, STEP**

- 1 Step forward left as you make a full spiral turn right, finish with right foot hooked
- 2&3 Step right small step forward step left beside right, step right small step forward
- 4&5 Rock forward left, recover on right, sweep left out & behind right
- 6&7-8 Cross step left behind right, step right to right side, cross rock left over right, recover on right

## **STEP, CROSS, UNWIND ¾ WITH SWEEP, BEHIND SIDE CROSS, STEP, SWAY, SWAY, EXTENDED CROSS SHUFFLE**

- &1-2 Step left to left side, cross step right over left, unwind ¾ turn left sweeping left
- 3&4 Cross step left behind, step right to right side, cross step left over right
- 5-6 Step right to right as you sway right, sway left
- 7&8& Cross step right over left, step left to left, cross step right over left, step left to left, right

## **DIAMOND SEQUENCE:**

## **CROSS, BACK, TURN, FORWARD, CROSS, TURN, BACK, FORWARD, CROSS, TURN, TURN, COASTER STEP**

- 1-2&3 Cross step right over left, step back on left, step right 1/8 turn right, step left forward, (right diagonal front)
- 4&5 Cross step right over left, step back left making ¼ turn right, step right to right side, (left diagonal back)
- 6&7 Step forward left, cross step right over left, make ¼ right stepping back left, (right diagonal back)
- 8&1 Make 1/8 right (9:00) step back right, step back left, step forward right, (this being the first step of your new wall)

## **REPEAT**

## **RESTART**

During second repetition, dance to count 32. Change extended cross shuffle for the following:

## **CROSS, STEP, CROSS, STEP, CROSS, HOLD, STEP**

- 1&2& Cross step right over left, step left to left side, cross step right over left, step left to left side

3&4& Cross step right over left, step left to left side, cross step right over left, hold, step left beside right

**Start the dance again from the beginning**

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