

# Promises, Promises

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Dougie D (UK) - June 2009

Music: Promises - Take That



48 Count intro, 112 b.p.m.

**Right sailor step, left sailor heel with 1/4 turn left, lock steps.**

- 1&2 cross right behind left, step left beside right, step right in place,
- 3&4& cross left behind right, step right beside left, dig left heel fwd with 1/4 turn left, step left beside right,
- 5-6 step fwd on right, tap left behind right,
- 7&8 step fwd on right, lock left behind right, step fwd on right,

**Rock and coaster step, cross right over left, step back on left, chasse 1/4 right.**

- 1-2 rock fwd on left, recover on right,
- 3&4 step back on left, step right beside left, step fwd on left
- 5-6 cross right over left, step back on left,
- 7&8 chasse 1/4 turn right, stepping right, left, right,

**Step fwd on left, step right beside left with 1/4 turn left, sailor step, cross right over left, step left beside right with 1/4 turn right, sailor step.**

- 1-2 step fwd on left, step right beside left with 1/4 turn left,
- 3&4 cross left behind right, step right beside left, step left in place,
- 5-6 cross right over left, step left beside right with 1/4 turn right
- 7&8 cross right behind left, step left beside right, step right in place,

**Lock step to the right, rock out to right side, cross chasse left.**

- 1-2 cross left over right, lock right beside left, ( still facing front),
- 3&4 step left to right side, lock right beside left, step left to right side, ( still facing front),
- 5-6 rock out to right side on right, recover on left,
- 7&8 cross chasse left, stepping right, left, right,

**Behind side cross, behind side cross with 1/4 turn right.**

- 1-2 rock out to left side, recover on right,
- 3&4 cross left behind right, step right beside left, cross left over right,
- 5-6 rock out to right side, recover on left,
- 7&8 cross right over left, step left beside right with 1/4 turn right, cross right over left

**Shuffle back, back rock, shuffle fwd, step and tap.**

- 1&2 shuffle back , stepping left, right, left,
- 3-4 rock back on right recover on left,
- 5&6 shuffle fwd, stepping, right, left, right,
- 7-8 step fwd on left, tap right beside left,

**Rock to right side, cross rock, rock to right side, cross chasse left.**

- 1-2 rock out to right side, recover on left,
- 3-4 cross rock right over left, recover on left,
- 5-6 rock out to right side, recover on left,
- 7&8 cross chasse to left, stepping, right, left, right,

**Rock to left side, recover on right with 1/4 turn right, walk fwd, left, right, left, walk fwd on right with 1/4 turn left, kick ball change.**

1-2 rock out to left side, recover on right with 1/4 turn right,  
3-4 walk fwd left, right,  
5-6 walk fwd on left with 1/4 turn left and point right toe to right side  
7-8 rock fwd on right, recover on left.

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