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.
$1 \& 2 \quad$ cross right behind left, step left beside right, step right in place,
$3 \& 4 \& \quad$ 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,
$3 \& 4 \quad$ 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
$7 \& 8 \quad$ 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,
$3 \& 4 \quad$ cross left behind right, step right beside left, cross left over right,
5-6 rock out to right side, recover on left,
$7 \& 8 \quad$ 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
3-4
5-6
7-8
rock out to left side, recover on right with $1 / 4$ turn right, walk fwd left, right,
walk fwd on left with $1 / 4$ turn left and point right toe to right side rock fwd on right, recover on left.

