

Promises Promises

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gary Lafferty (UK) - September 2016
音乐: "Promises" by Katy Hurt - 154 bpm



#16-count intro

TOE-STRUT, TOE-STRUT, KICK, KICK, BACK, TOUCH

- 1-4 Touch Right toe forward, lower Right heel to floor, touch Left toe forward, lower Left heel to floor
5-8 Kick Right foot forward, kick Right foot forward again, step back on Right foot, touch Left foot beside Right

LEFT LOCK-STEP FORWARD, BRUSH; RIGHT LOCK-STEP FORWARD, HOLD

- 1-4 Step forward on Left foot, lock-step Right foot behind Left, step forward on Left foot, brush Right foot forward
5-8 Step forward on Right foot, lock-step Left foot behind Right, step forward on Right foot, HOLD

LEFT ROCKING CHAIR; STEP FORWARD, ¼ PIVOT, CROSS, HOLD

- 1-4 Rock forward on Left foot, recover weight back onto Right foot, rock back on Left foot, recover weight onto Right
5-8 Step forward on Left foot, pivot ¼ turn to Right, cross-step Left foot over Right, hold

RIGHT TOE-STRUT, CROSSING LEFT TOE-STRUT; POINT, ½ TURN, POINT TOGETHER

- 1-4 Touch Right toe out to Right side, lower Right heel to floor, cross-touch Left foot over Right, lower Left heel to floor
5-6 Point Right foot out to Right side, turn ½ Right stepping down onto Right foot
7-8 Point Left foot out to Left side, step on Left foot beside Right

START AGAIN

Important Note – the music is available FREE from the artists website (www.katyhurt.com) or from Gary via email : gary@garylafferty.co.uk ... it is also available to listen via SoundCloud : <http://bit.do/PromisesPromises>