

# Promise Me

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Maggie Gallagher (UK) - March 2017  
音乐: Remember Me - Jennifer Hudson : (amazon.co.uk)



Intro: 16 counts (8 secs)

## S1: WALK, ¼ TOUCH, ¼, ¼ SWEEP, CROSS, BACK, BACK, REVERSE ANCHOR STEP

- 1-2      Walk forward on right, ¼ right touching left next to right [3:00]
- 3-4      ¼ left stepping forward on left, ¼ left ronde sweep right from back to front [9:00]
- 5-6-7      Cross right over left, Step back on left, Step back on right
- 8&1      Cross left over right, Step weight onto right, Step slightly forward on left

## S2: WALK, WALK, ANCHOR STEP, POINT, ½, ¼ BUMP

- 2-3      Walk forward on right, Walk forward on left
- 4&5      Lock right behind left, Step weight onto left, Step slightly back on right
- 6-7      Point left behind right, Unwind ½ left (weight ends on left) [3:00]
- 8      ¼ left stepping right to right side bumping hips to right and popping left knee in [12:00]

## S3: SIDE, TOGETHER, L CHASSE, CROSS ROCK, R CHASSE

- 1-2      Step left to left side, Step right next to left
- 3&4      Step left to left side, Step right next to left, Step left to left side
- 5-6      Cross rock right over left, Recover on left
- 7&8      Step right to right side, Step left next to right, Step right to right side

## S4: BEHIND ROCK, ¼, TOUCH, R DOROTHY, L DOROTHY

- 1-2      Cross rock left behind right, Recover on right
- 3-4      ¼ right stepping back on left, Touch right next to left [3:00] \*\*Tag and Restart Wall 5
- 5-6&      Step right forward on right diagonal, Lock left behind right, Step right forward
- 7-8&      Step left forward on left diagonal, Lock right behind left, Step left forward

## S5: SIDE ROCK & SIDE ROCK & BACK, BACK, COASTER

- 1-2&      Rock right to right side, Recover on left, Step right next to left
- 3-4&      Rock left to left side, Recover on right, Step left next to right
- 5-6      Walk back on right, Walk back on left
- 7&8      Step back on right, Step left next to right, Step forward on right

## S6: ¼ BUMP LRL, ½ BUMP RLR, ¼, ¼, L SAILOR

- 1&2      ¼ right stepping left to left side bumping hips to left, Bump hips right, Bump hips left [6:00]
- 3&4      ½ left stepping right to right side bumping hips to right, Bump hips left, Bump hips right [12:00]
- 5-6      ¼ left stepping forward on left, ¼ left stepping right to right side [6:00]
- 7&8      Cross left behind right, Step right to right side, Step left to left side

## S7: WALK, WALK, FWD MAMBO, BACK, BUMP BACK, BUMP LRL

- 1-2      Walk forward on right, Walk forward on left
- 3&4      Rock forward on right, Recover on left, Step right next to left
- 5-6      Walk back on left, Step back on right bumping hips back
- 7&8      Bump hips forward, Bump hips back, Bump hips forward \*Restart Wall 4

## S8: CROSS, SWEEP, FRONT, SIDE, BEHIND, SWEEP, BEHIND, SIDE

- 1-2      Cross right over left, Ronde sweep left from back to front
- 3-4      Cross left over right, Step right to right side

5-6 Cross left behind right, Ronde sweep right from front to back  
7-8 Cross right behind left, Step left to left side

**TAG 1: End of Wall 2 facing [12:00]**  
**Repeat the last 8 counts of the dance**

**TAG 2: End of Wall 3 facing [6:00]**

1-2 Rock forward on right pushing hips forward, Recover on left  
3-4 Rock back on right pushing hips back, Recover on left

**\*RESTART: Wall 4 after 56 counts (end of S7) facing [12:00]**

**\*\*TAG & RESTART: Wall 5 after 28 counts facing [3:00]**

1-2 Cross right over left, HOLD (starting to walk a  $\frac{3}{4}$  left turn)  
3-4  $\frac{1}{4}$  left walking forward on left, HOLD [12:00]  
5-6  $\frac{1}{4}$  left slightly crossing right over left, HOLD [9:00]  
7-8  $\frac{1}{4}$  left walking forward on left, HOLD [6:00]  
9-16 Dance the last 8 counts of the dance (S8), and restart the dance from the beginning

**Ending: Wall 7 after 22 counts, take a big step to right dragging left to meet right facing [12:00]**

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