

I Promise You That

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Maria Tao (USA) - March 2025
音乐: I Promise You That - Westlife



Intro: 16 counts

Note: 1 Restart on WALL 7

[S1] SIDE, CROSS ROCK, RECOVER, 1/4 TURN R SAILOR STEP, FULL TURN L, BACK ROCK, RECOVER, SIDE

1-3 Step L to L, cross rock R over L, recover onto L
4&5 1/4 turn R crossing step R behind L, step L to L, step R forward [3:00]
6-7 Pivot 1/2 turn L, 1/2 turn L stepping R back
8&1 Rock L back, recover onto R, step L to L

[S2] TOUCH-BALL-CROSS, 1/4 TURN R SHUFFLE FWD, STEP FWD, PIVOT 1/2 TURN R SIDE, BACK ROCK, RECOVER

2&3 Cross touch R toe over L, step ball of R to R (slightly back), cross L over R
4&5 1/4 turn R stepping R forward, step L next to R, step R forward [6:00]
6-7 Step L forward, pivot 1/2 turn R stepping R to R [12:00]
8& Rock L back, recover onto R

*** Restart here during WALL 7 (facing 12:00) ***

[S3] SIDE, CROSS ROCK, RECOVER, 1/2 TURN R SAILOR STEP, BUMP FWD, BUMP BACK & BRUSH, FWD LOCK STEP

1 Step L to L
2-3 Cross rock R over L, recover onto L
4&5 1/2 turn R crossing step R behind L, step L to L, step R forward [6:00]
6-7 Bump hips forward to L diagonal, bump hips back & brush L back across R
8&1 Step L forward, lock R behind L, step L forward

[S4] STEP FWD, PIVOT 1/2 TURN L, 1/2 TURN L SHUFFLE BACK, BACK ROCK, RECOVER, CHASSE L

2-3 Step R forward, pivot 1/2 turn L [12:00]
4&5 1/4 turn L stepping R to R, step L next to R, 1/4 turn L stepping R back
6-7 Rock L back, recover onto R
8& Step L to L, step R next to L [6:00]

START AGAIN!

RESTART: On WALL 7 - dance up to count 16 (8& of S2)
- then restart the dance (facing 12:00)