

Promises in the Wind (风中的承诺)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mei Xiang (MY) - April 2025
音乐: 风中的承诺 (remix) 小阿枫 (剪辑缩短版 - 附有歌词)



Start the dance at 9 sec after the word "1 2 3 4"

*No tag , no restart

Section 1: Side, Behind Side Cross, Side, ¼L Sailor, Walk ,Walk , Pivot ½ turn, Fwd

- 1 2&3 Big step RF to R (1), Cross LF behind R (2), step RF to R side (&), cross L F over R (3)
4 5&6 Step RF to R side (4) ¼ L Cross LF behind R (5), step RF next to L (&), stepping fwd on LF (6) (9:00)
7 8&1 Walk fwd on RF (7), Walk Fwd on LF(8) ½ turn Right (&) step LF fwd (1) (3:00)

Section 2 : Samba Step (R&L) Rocking Chair & Rock fwd, Recover.

- 2&3 4&5 Cross RF over L(2), rock LF to L (&), recover weight on to R(3) ,Cross LF over R(4) rock RF to R(&), recover weight on to L(5)
6&7&8& Rock RF fwd(6), recover weight back onto L(&), rock RF back(7), recover weight fwd onto L(&),Rock RF fwd(8), recover weight back onto L(&),

Section 3 : Basic Nightclub, Nightclub ¼ R, Cross Shuffle (R & L)

- 1-2& 3-4& Step RF to R side (1), rock LF behind RF (2), recover weight on RF slightly crossing over LF (&) , Step LF to L side (3), ¼ Right rock RF behind LF (4), (6:00) step LF fwd (&)
5&6 7&8 Cross RF over LF (5) Step LF to L side (&), Cross RF over LF (6), Cross LF over RF (7) Step RF to R side (&), Cross LF over RF (8)

Section 4: ¼ R Jazz box ,Fwd Shuffle, Rock Recover, Coaster Cross.

- 1&2& Cross RF over LF(1), Step LF back(&), ¼ Right Step RF Fwd (2) (9:00) Step LF Fwd (&)
3&4 step fwd R(3), step LF next to R(&), step fwd R(4)
5-6 7&8 Rock fwd LF(5), replace weight R(6) , step back L(7), step R next to L(&) Cross LF over R (8)

Start again at 2nd wall at 9:00

Ending : After finish section 4 at wall 7 facing 6:00, ½ turn Right and pose

Happy dancing

Last Update: 1 May 2025