

No Promises

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Shaz Walton (UK)
音乐: No Promises - Shayne Ward



STEP, STEP ½ PIVOT, STEP, STEP ½ PIVOT, STEP, ROCK ¼ TURN, CROSS, SIDE, BEHIND, SIDE

- 1-2&3 Step forward on right, step forward left, pivot ½ turn right, step forward left
- 4&5 Step forward on right, pivot ½ turn left, step forward right
- 6& Make ¼ turn right as you rock left to left side, recover on right
- 7& Cross step left over right, step right to right side
- 8& Cross step left behind right, step right to right side

CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, PRISSY WALKS TWICE, MAMBO STEP, ½ TURN RIGHT

- 1-2& Cross rock left over right, recover on right, step left beside right
- 3-4& Cross rock right over left, recover on left, step right beside left
- 5-6 Cross walk left over right, cross walk right over left (prissy walks)
- 7&8 Rock forward left, recover on right, step back on left
- & Make ½ turn right, stepping right forward

SPIRAL FULL TURN, STEP, TOGETHER, STEP, MAMBO SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, STEP

- 1 Step forward left as you make a full spiral turn right, finish with right foot hooked
- 2&3 Step right small step forward step left beside right, step right small step forward
- 4&5 Rock forward left, recover on right, sweep left out & behind right
- 6&7-8 Cross step left behind right, step right to right side, cross rock left over right, recover on right

STEP, CROSS, UNWIND ¾ WITH SWEEP, BEHIND SIDE CROSS, STEP, SWAY, SWAY, EXTENDED CROSS SHUFFLE

- &1-2 Step left to left side, cross step right over left, unwind ¾ turn left sweeping left
- 3&4 Cross step left behind, step right to right side, cross step left over right
- 5-6 Step right to right as you sway right, sway left
- 7&8& Cross step right over left, step left to left, cross step right over left, step left to left, right

DIAMOND SEQUENCE:

CROSS, BACK, TURN, FORWARD, CROSS, TURN, BACK, FORWARD, CROSS, TURN, TURN, COASTER STEP

- 1-2&3 Cross step right over left, step back on left, step right 1/8 turn right, step left forward, (right diagonal front)
- 4&5 Cross step right over left, step back left making ¼ turn right, step right to right side, (left diagonal back)
- 6&7 Step forward left, cross step right over left, make ¼ right stepping back left, (right diagonal back)
- 8&1 Make 1/8 right (9:00) step back right, step back left, step forward right, (this being the first step of your new wall)

REPEAT

RESTART

During second repetition, dance to count 32. Change extended cross shuffle for the following:

CROSS, STEP, CROSS, STEP, CROSS, HOLD, STEP

- 1&2& Cross step right over left, step left to left side, cross step right over left, step left to left side

3&4& Cross step right over left, step left to left side, cross step right over left, hold, step left beside right

Start the dance again from the beginning
