

You Promised Me

COPPER KNOB
STEPSHEETS

拍数: 36 墙数: 2
编舞者: Diana Bishop (AUS)
音乐: You Promised Me - In-Grid



Start dance from "You Promised me the Moon & the sky"

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|-------------|---|
| 1&2-3-4-5-6 | ½ turn to right on right-left-right, step forward on left, pivot ¼ to right on balls of both feet, step forward on to left, pivot ½ to right on balls of both feet |
| 1&2-3-4-5-6 | Shuffle forward left-right-left. Rock forward onto right, rock back onto left, step right toe back & reverse pivot ½ to right |
| 1&2-3-4-5-6 | Shuffle forward right-left-right, rock forward onto left, rock back onto right, step left toe back & reverse pivot ½ to left |
| 1-2-3&4-5-6 | Rock to left onto left, rock to right onto right, side shuffle to left on left-right-left, cross right over left, pivot on balls of feet turning ½ to left |
| 1-2-3&4-5-6 | Push left knee forward (lifting left heel off floor), push right knee forward (lifting right heel off floor), right toe/heel strut moving backwards, left toe/heel strut moving backwards |
| 1-2-3-4-5&6 | Step right toe back reverse pivot ½ to right, step left forward turning ¼ to right, pivot on balls of both feet keep weight onto right foot, shuffle forward left-right-left |

REPEAT

Music slows down through dance & stops for a second. Keep dancing through this section at the same beat as the entire dance.
