

# I Promise

拍数: 32      墙数: 4      级数: Improver cha cha  
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音乐: You Won't Ever Be Lonely - Andy Griggs



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## STEP, ROCK RECOVER, ANCHOR STEP, WALK, WALK, ¼ TURN

- 1-2      Step right foot to right side, rock left foot over right foot
- 3      Recover weight on right foot
- 4&5      Step left foot behind right heel, step right foot in place, step left foot in place
- 6-7      Step right foot forward, step left foot forward

## SIDE ROCK CROSS, ½ TURN, SIDE CHA, ROCK RECOVER

- 8&1      While making a ¼ turn to the left, step right foot to right side, step left foot slightly back, cross right foot over left
- 2      While making a ¼ turn to the right, step left foot back
- 3      While making a ¼ turn to the right, rock right foot slightly to right side
- 4&5      Recover weight on left foot, step right foot next to left foot, step left foot to left side
- 6-7      Rock right foot behind left foot, recover weight on left

## SHUFFLE FORWARD, ROCK RECOVER, ¼ TURN SIDE CHA, SWAY HIPS RIGHT, LEFT

- 8&1      Step right foot forward, step left foot next to right foot, step right foot forward
- 2-3      Rock left foot forward, recover weight on right foot
- 4&5      While making a ¼ turn to the left, step left foot to left side, step right foot next to left, step left foot to left side
- 6-7      Sway hips right, sway hips left (weight remains on left)

## SIDE CHA WITH ¼ TURN, ROCK RECOVER, SIDE ROCK CROSS, ½ TURN, SIDE CHA

- 8&1      Step right foot to right side, step left foot next to right foot, while making a ¼ turn to the left, step right foot back
- 2-3      Rock left foot back, recover weight on right foot
- 4&5      Step left foot to left side, step right foot slightly back, cross left foot over right foot
- 6      While making a ¼ turn to the left, step right foot back
- 7      While making a ¼ turn to the left, rock left foot slightly to left side
- 8&      Recover weight on right foot, step left foot next to right

## REPEAT

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