

I Promise U

拍数: 32 墙数: 4 级数: Improver
编舞者: Lesley Clark (SCO)
音乐: This I Promise You - Ronan Keating



ROCK, RECOVER, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FORWARD

1-2 Rock forward on right, recover on left
3&4 ½ turn right shuffle over right shoulder on a right, left, right
5-6 ½ turn right stepping back on left foot, ½ turn right stepping forward on right
7&8 Shuffle forward left on a left, right, left

ROCK, RECOVER, BEHIND, SIDE, CROSS, SWAY, SWAY, BEHIND, SIDE, CROSS

1&2 Rock forward on right, recover on left, step right to right side
3&4 Cross step left behind right, step right to right side, cross step left over right
5-6 Sway right, sway left
7&8 Step right behind left, step left to left side, step right across left

SWAY, SWAY, SAILOR ¼ TURN, STEP PIVOT, RIGHT LOCK STEP

1-2 Sway left, sway right
3&4 Sweep the left foot out to left side as you turn ¼ turn left stepping, left, right, left forward
5-6 Step forward on right, pivot ½ turn left
7&8 Step forward on right, step left next to right, step forward on right

MAMBO FORWARD, MAMBO STEP, ½ TURN, RIGHT LOCK STEP, STEP

1&2 Rock forward on left, recover on right, step left next to right
3&4 Rock back on right, recover on left, step forward on right
5 Pivot ½ turn left
6&7 Step forward on right, lock left behind right, step forward on right
8 Step forward on left

REPEAT
