

# VDC Promise

**COPPER** KNOB  
STEPSHEETS

拍数: 72      墙数: 4      级数: Beginner / Improver - Bachata  
编舞者: Marilou Betham & Monica Tan (USA) - October 2012  
音乐: Promise (feat. Usher) - Romeo Santos



Intro : 32 Counts from Niels Poulsen Sweetie Line Dance

Main Dance : Bachata - 72 counts, 4 walls

Intro : Nightclub Step (from Niels Poulsen - Sweetie Line Dance)

## A : BASIC NIGHTCLUB STEP L, R, L, vine ½ with sweep, run run (facing front)

- 1                    Take a big step with L to L side 12:00
- 2&3                Close R behind L, cross R over L, take a big step with R to R side 12:00
- 4&5                Close L behind R, cross R over L, step L to L side 12:00
- 6&7                Cross R behind L, turn ¼ L stepping fw on L, turn ¼ L on L sweeping R in front of L 6:00
- 8&                  Run diagonally fw on R towards 4:30, repeat with L 4:30

## B : Cross rock, side R, cross rock, 3/8 L, basic R, sway, sway

- 1                    Cross rock R over L 4:30
- 2&3                Recover weight back to L, step R to R side turning body ¼ R, cross rock L over R 7:30
- 4&5                Recover weight back to R, turn 3/8 L stepping a small step fw on L, make big step R 3:00
- 6&7                Close L behind R, cross R over L, step L to L side swaying upper body to L side 3:00
- 8 &                Step onto R swaying upper body to R side 3:00, Flick L foot

## C : Repeat A (facing 3:00)

## D : Repeat B steps from 1 to 5

- 6&7                Close L behind R, cross R over L, step L to L side with a quarter turn to the left
- 8&                  Step R to R with another quarter turn to face the front, close L together

## Bachata - Main Dance

### (A) BASIC STEP SIDE BACHATA , HIP BUMP --- X 2 (R,L)

- 1 - 2                Step R to right side -- Close L together R
- 3 - 4                Step R to right side bumping hip to right -- Touch L slightly opened to side bumping Hip to left
- 5 - 6                Step L to left side -- Close R together L
- 7 - 8                Step L to left side bumping hip to left -- Touch R slightly opened to side bumping Hip to right

### (B) 1-8 REPEAT SECTION A

### (C) BASIC STEP FORWARD AND BACKWARD BACHATAS'S ( body angle face at 11:00)

- 1 - 2                Step R forward -- Step L beside R
- 3 - 4                Step R forward bumping hip to right forward -- Hitch L forward
- 5 - 6                Step L backward -- Step R back together
- 7 - 8                Step L backward bumping hip to left back -- Touch R slightly forward bumping To right forward

### (D) 1-8 REPEAT SECTION C

### (E) ROLLING VINE , HIP BUMPS ---X2

- 1                    Make a ¼ turn right stepping R forward
- 2                    Turn ½ right stepping L back
- 3                    Turn ¼ to right stepping R to right side
- 4                    Hip bump to left (weight on R)
- 5                    Make a ¼ turn left stepping L forward

- 6 Turn ½ left stepping R back
- 7 Turn ¼ to left stepping L to left side
- 8 Hip bump to right (weight on L)

**(F): STEP-HITCH TURN**

- 1-2 Step R to right, hitch left knee and turn 1/2 right (weight to right)
- 3-4 Step left to side, hitch right knee and turn 1/2 right (weight to left)
- 5-6 Step right to side, tap left together
- 7&8& Step left to side, step right together, Step left to side, step right together,

**(G) 1-8 REPEAT SECTION E**

**(H) HIP SWAYS with Quarter Turn**

- 1-3 With knees slightly bent sway hip R, L, R while slowly completing a quarter turn to the L  
**(counterclockwise, sway with figure 8 motion)**
- 4 Hip bump to L
- 5-7 With knees slightly bent sway hip L, R, L while slowly completing a quarter turn to the L  
**(counterclockwise, sway with figure 8 motion)**
- 8 Hip bump to R
- 9-11 With knees slightly bent sway hip R, L, R while slowly completing a quarter turn to the L  
**(counterclockwise, sway with figure 8 motion)**
- 12 Hip bump to L
- 13-15 With knees slightly bent sway hip L, R, L in place (sway with figure 8 motion)
- 16 Hip bump to R

**Now you're ready for the new wall. Start again!**

**Note: as the song nears it's ending, you will be facing the front, do hip sways (section H) but don't turn anymore.**

**enjoy!**

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