Promise! (諾言) (zh)

拍數: 64 **牆數:** 4 **級數:** Easy Intermediate

編舞者: Niels Poulsen (DK) - 2012年08月

音樂: Promise (feat. Usher) - Romeo Santos : (iTunes - 4:12)

前奏： Intro: 32 count intro, app. 15 seconds into track

第一段 **Cross rock, side rock, weave, sweep**

1–2 Cross rock R over L (1), recover back on L (2) 12:00
右足於左足前交叉下沉(1), 左足回復(2) (面向12點鐘)

3–4 Rock R to R side (3), recover on L (4) 12:00
右足右下沉(3), 左足回復(4) (面向12點鐘)

5–8 Cross R over L (5), step L to L side (6), cross R behind L (7), sweep L out to L side (8) 12:00
右足於左足前交叉踏(5), 左足左踏(6), 右足於左足後交叉踏(7), 左足繞至後(8) (面向12點鐘)

第二段 **Behind side forward, hold, step turn step, hold**

1–4 Cross L behind R (1), step R to R side (2), step fw on L (3), hold (4) 12:00
左足於右足後交叉踏(1), 右足右踏(2), 左足前踏(3), 候(4) (面向12點鐘)

5–8 Step fw on R (5), turn ½ L stepping onto L (6), step fw on R (7), hold (8) 6:00
右足前踏(5), 左轉180度左足踏(6), 右足前踏(7), 候(8) (面向6點鐘)

第三段 **Full turn step, hold, step ¼ L cross, hold**

1–4 Turn ½ R stepping back on L (1), turn ½ R stepping fw on R (2), step L fw (3), hold (4) 6:00
右轉180度左足後踏(1), 右轉180度右足前踏(2), 左足前踏(3), 候(4) (面向6點鐘)

5–8 Step fw on R (5), turn ¼ L stepping onto L (6), cross R over L (7), hold (8) 3:00
右足前踏(5), 左轉90度左足踏(6), 右足於左足前交叉踏(7), 候(8) (面向3點鐘)

第四段 **½ rumba box, hold, paddle ¼ L X 2**

1–4 Step L to L side (1), step R next to L (2), step fw on L (3), hold (4) 3:00 左足左踏(1), 右足併踏(2), 左足前踏(3), 候(4) (面向3點鐘)

5–6 Step R fw (5), turn ¼ L stepping onto L rolling your hips to the L at the same time (6) 12:00
右足前踏(5), 左轉90度左足踏左轉臀(6) (面向12點鐘)

7–8 Step fw on R (7), turn ¼ L stepping onto L rolling your hips to the L at the same time (8) * Restart here on wall 4 9:00
右足前踏(7), 左轉90度左足踏左轉臀(8) (面向9點鐘)
第四面牆跳至此, 從頭起跳

第五段 **Cross sweep X 2, jazz ¼ R, hold**

1–4 Cross R over L (1), sweep L to L side (2), cross L over R (3), sweep R out to R side (4) 9:00
右足於左足前交叉踏(1), 左足繞至前(2), 左足於右足前交叉踏(3), 右足繞至前(4) (面向9點鐘)

5–8 Cross R over L (5), step back on L (6), turn ¼ R stepping R to R side (7), hold (8) 12:00
右足於左足前交叉踏(5), 左足後踏(6), 右轉90度右足右踏(7), 候(8) (面向12點鐘)

第六段 **Cross rock side, hold, cross rock ¼ R, hold**

1 – 4 Cross rock L over R (1), recover back on R (2), step L to L side (3), hold (4) * Restart here on wall 8 12:00
左足於右足前交叉下沉(1), 右足回復(2), 左足左踏(3), 候(4) (面向12點鐘) **第八面牆跳至此, 從頭起跳**

5 – 8 Cross rock R over L (5), recover back on L (6), turn ¼ R stepping fw on R (7), hold (8) 3:00
右足於左足前交叉下沉(5), 左足回復(6), 右轉90度右足前踏(7), 候(8) (面向3點鐘)

第七段 **Step lock step, step lock step, step L fw, hold**

1–3 Step fw on L (1), lock R behind L (2), step fw on L (3) – travelling slightly diagonally L 3:00
左足前踏(1), 右足於左足後鎖踏(2), 左足前踏(3) (面向3點鐘, 略斜前踏)

4–6 Step fw on R (4), lock L behind R (5), step fw on R (6) – travelling slightly diagonally R 3:00
右足前踏(4), 左足於右足後鎖踏(5), 右足前踏(6) (面向3點鐘, 略斜前踏)

7–8 Step fw on L squaring up to 3 o'clock (7), hold (8) 3:00

第八段 Mambo ½ R, hold, fw L, full turn L, hold

1–4 Rock fw on R (1), recover back on L (2), turn ½ R stepping fw onto R (3), hold (4) 9:00
右足前下沉(1), 左足回復(2), 右轉180度右足前踏(3), 候(4) (9點鐘)

5–8 Step fw on L (5), turn ½ L stepping back on R (6), turn ½ L stepping fw on L (7), hold (8) 9:00
左足前踏(5), 左轉180度右足後踏(6), 左轉180度左足前踏(7), 候(8)
(面向9點鐘)

2 restarts: 1st is on wall 4, after 32 counts, facing 12:00. 2nd is on wall 8, after 44 counts, facing 12:00
第四面牆跳至第32拍, 第八面牆跳至44拍, 都面向12點鐘, 從頭起跳

TAG : There's a 4 count Tag, during wall 7, after 32 counts. To do your tag facing 12:00 you will have to change your 2 paddle turns from counts 29-32 to a ¾ turn L.
Change the first one to a ½ turn and the other to a ¼ turn L. Now add your 4 count tag and RESTART!
加拍:
在第七面牆第29-32拍(面向12點鐘), 請先將2個各90度的划槳轉改成一個180度, 一個90度的划槳轉, 然後加下面4拍後, 從頭起

Cross rock, side rock

1–2 Cross rock R over L (1), recover back on L (2) 12:00
右足於左足前交叉下沉(1), 左足回復(2) (面向12點鐘)

3–4 Rock R to R side (3), recover on L (4) … now Restart facing 12:00
右足右下沉(3), 左足回復 (面向12點鐘, 從頭起跳)

ENDING You will automatically end facing 12:00 (during wall 10) when doing counts 25-29 跳到第十面牆第25-29拍會剛好面對12點鐘做結束