

VDC Promise

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Beginner / Improver - Bachata
編舞者: Marilou Betham & Monica Tan (USA) - October 2012
音樂: 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!
