

Promise

拍數: 64 牆數: 4 級數: Beginner
編舞者: Dione Keith Zacarias (USA) - February 2013
音樂: Promise (feat. Usher) - Romeo Santos : (CD: Formula Vol. 1)



Intro: 64 counts from vocals

Sec 1-8 : BACHATA BASIC

1-4 Step R to side, step L together, step R to side, touch ball of L to side
5-8 Step L to side, step R together, step L to side, touch ball of R to side

Sec 9-16: BACHATA ROLLS

1-2 Step R to side & turn 1/4 right, step L forward & turn 1/2 right
3-4 Step R forward & turn 1/4 right, touch ball of L to side
5-6 Step L to side & turn 1/4 left, step R forward & turn 1/2 left
7-8 Step L forward & turn 1/4 left, touch ball of R to side

Sec 17-24: HIP GRINDS

1-4 Rock R to side, recover to L, rock R to side, touch L heel slightly forward
5-8 Rock L to side, recover to R, rock L to side, touch R heel slightly forward

Sec 25-32: DIAGONAL STEPS

1-2 Step R diagonally forward (body turned slightly to left), lock L behind R
3&4 Shuffle R, L, R diagonally forward
5-6 Step L diagonally forward (body turned slightly to right), lock R behind L
7&8 Shuffle L, R, L diagonally forward

Sec 33-48: SIDE AND SIDE WITH FLICKS

1-4 Square up & step R to side, step L together, step R to side, touch L together
5-8 Touch L to side, flick L over R knee, touch L to side, flick L behind R
9-12 Step L to side, step R together, step L to side, touch R together
13-16 Touch R to side, flick R over L knee, touch R to side, flick R behind L

Sec 49-56: DIAGONAL STEPS

1-2 Step R diagonally back (body turned slightly to right), lock L over R
3&4 Shuffle R, L, R diagonally back
5-6 Step L diagonally back (body turned slightly to left), lock R over L
7&8 Shuffle L, R, L diagonally back

Sec 57-64: BACHATA BASIC

1-4 Square up & step R to side, step L together, step R to side, touch ball of L to side
5-8 Step L to side, step R together, step L to side, touch ball of R to side
& Turn 1/4 right (weight to L)

REPEAT

Submitted by - Roly Ansano: rolando.ansano@gmail.com