

# I Promised Myself

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Jennifer Jou ,Taiwan (Sep 2015)

**Music:** I Promised Myself by Nick Kamen

**Intro: 48 counts - Sequence:64/64/64/48/64/64/64**

**Sec 1: SIDE.HOLD,TOGETHER,CHASSE R,CROSS,RECOVER,1/4 TURN LEFT SAILOR STEP**

**1 2&** Step RF to right side,hold,step LF together,

**3&4** Step RF to right side,step LF together RF,step RF to right side

**5 6** Cross LF over RF,recover weight onto RF

**7&8 1/4 turn left step LF behind RF,step RF to right side,step LF forward 9:00**

**Sec 2: ROCK,RECOVER,FORWARD,ROCK,RECOVER,FORWARD,FORWARD,RECOVER,3/4 TRIPLE STEP**

**1&2** Rock RF to right side,recover onto LF,forward RF over LF

**3&4** Rock LF to left side,recover onto RF,forward LF over RF

**5 6** Step RF forward,recover onto LF

**7&8 3/4 turn right triple step in place RLR 6:00**

**Sec 3: ROCK,RECOVER,TOGETHER,CROSS SHUFFLE,ROCK,1/4 TURN RIGHT,SHUFFLE FORWARD**

**1 2&** Rock LF to left side,recover onto RF,step LF beside RF

**3&4** Cross RF over LF,step LF to left side,cross RF over LF

**5 6** Rock LF to left side,1/4 turn right weight onto RF

**7&8** Step LF forward,step RF behind LF,step LF forward 9:00

**Sec 4: KICK BALL TOUCH\*2,1/4 TURN RIGHT CROSS STEP**

**1&2** Kick RF forward,step down on RF,touch LF to left side

**3&4** Kick LF forward,step down on LF,touch RF to right side

**5 6 1/4 turn right Cross RF over LF,step LF to left side**

**7&8** Cross RF over LF,step LF to left side,cross RF over LF 12:00

## **Sec 5: 1/4 TURN RIGHT LOCK STEP, CHASSE R,1/2 TURN RIGHT CHASSE L**

**1 2 1/4 turn right step LF forward,lock RF behine LF 3:00**

**3&4** Step LF forward,lock RF behine LF,step LF forward

**5&6** Step RF to right side,step LF beside RF,step RF to right side

**7&8 1/2 turn right step LF to left side,step RF beside LF,step LF to left side 9:00**

## **Sec 6: TOUCH,1/4 TURN RIGHT TOUCH,COASTER R,TOUCH,1/2 TURN RIGHTSIDE TOUCH, COASTER L**

**1&2** Touch R toe forward,touch,1/4 turn right touch R toe forward

**3&4** Step RF on back, step LF next to RF,step forward on RF 12:00

**5&6** Touch L toe forward,1/2 turn right touch L toe to left side

**7&8** Step LF back, step RF next LF,step LF forward 6:00

## **Sec 7: FORWARD,HOLD, BEHIND, FORWARD, 1/2 TURN RIGHT, TOUCH FORWARD,TOUCH BACK, SHUFFLE FORWARD**

**1 2&** Step RF forward, hold, step LF behind RF

**3 4** Step RF forward,1/2 turn right flick LF behind RF 12:00

**5 6** Touch LF forward,touch LF back

**7&8** Step LF forward,lock RF behind LF ,step LF forward 12:00

## **Sec8: ROCK, RECOVER, TOGETHER, ROCK, RECOVER, COASTER, STEP FORWARD, 1/2 TURN LEFT**

**1 2&** Rock RF to right side,rcover onto LF,step RF beside LF

**3 4** Rock LF to left side,recover onto RF,

**5&6** Step LF back,step RF beside LF,step LF forward

**7 8** Step RF forward,1/2 turn left weight onto LF 6:00

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