

# Promise U

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Betty Lee (Canada), December, 2016

**Music:** This I Promise You by Ronan Keating

## Start on lyric: "Love"

### S 1: FORWARD ROCK, SHUFFLE FULL TURN R, FORWARD ROCK, SHUFFLE $\frac{3}{4}$ L

- 1-2            Rock step R forward, Recover onto L
- 3&4           Triple steps R, L, R making full turn R
- 5-6           Rock step L forward, Recover onto R
- 7&8           Triple steps L, R, L making  $\frac{3}{4}$  turn L ( 3:00 )

#### \*\* Less turning option:

- 3&4           Triple steps R,L,R in place
- 5-6           Rock step L forward,  $\frac{1}{4}$  R stepping back R
- 7&8           Cross L over R, Step R to R, Cross L over R

### S 2: SIDE, TOGETHER, LOCK STEP FORWARD, SIDE, TOGETHER, LOCK STEP BACK

- 1-2           Step R to R, Step L next to R
- 3&4           Step R forward, Lock step L behind R, Step R forward
- 5-6           Step L to L, Step R next to L
- 7&8           Step back L, Lock step R in front to L, Step back L

### S 3: LOCK STEPS BACK X2, SHUFFLE $\frac{1}{2}$ R TWICE

- 1&2           Step R, Lock step L in front of R, Step back R
- 3&4           Step back L, Lock Step R in front of L, Step back L

**5&6 $\frac{1}{4}$  R step R to R, Step L next to R,  $\frac{1}{4}$  R step R forward**

**7&8 $\frac{1}{4}$ R step L to L, Step R next to L,  $\frac{1}{4}$  R step back L**

#### \*\* Less turning option

- 5&6           Step R Back, Recover to L, Step R forward slightly ( R back mambo)
- 7&8           Step L forward, Recover to R, Step L back slightly (L forward mambo)

#### **S 4: SIDE ROCK, CROSS, HOLD, SIDE ROCK, CROSS, HOLD**

**1-4** Rock step R to R, Recover onto L, Cross R over L, Hold

**5-8** Rock step L to L, Recover onto R, Cross L over R, Hold

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=115235](https://www.linedance.com/index.php?f=dance_view&id=115235)