

AS PROMISED

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Count: 56

Wall: 4

Level: beginner/intermediate polka

Choreographer: Petra & Georg Kiesewetter

Music: I Promise by Texas Lightning

Dance starts without any intro with the first beat. If you miss it - simply wait 8 counts and begin with 2nd set of eight

CHASSÉ RIGHT, ROCK BACK, RECOVER, STEP, TOUCH, DIAGONAL KICK- JUMP-SWEEP

- 1 Right foot sideward
- & Left foot together
- 2 Right foot sideward
- 3 Left foot backward
- 4 Right foot take weight
- 5 Left foot forward
- 6 Tap right toe behind left foot
- 7 Kick right foot diagonally forward
- & Jump right foot behind left foot
- 8 Sweep left foot front to back

¼ TURN (TO THE LEFT) INTO SHUFFLE, ¼ TURN TO THE LEFT INTO CHASSÉ, ROCK BACK, RECOVER, STEP, TOUCH BEHIND

- 1 Turn a ¼ left and step left foot forward
- & Right foot together
- 2 Left foot forward
- 3 Turn a ¼ left and step right foot sideward
- & Left foot together
- 4 Right foot sideward
- 5 Left foot backward
- 6 Right foot take weight
- 7 Left foot forward

8 Tap right toe behind left foot restart during 3rd wall (facing 12:00 after instrumental)

STEP, ½ TURN TO THE LEFT, SLIDE WITH ¼ TURN TO THE LEFT, COASTER STEP, HEEL-TOUCH

1 Right foot forward

2½ turn on balls of both feet

3 Right foot far sideward while turning a ¼ to the left

4 Drag left foot together

5 Left foot backward

& Right foot together

6 Left foot forward

7 Tap right heel diagonally forward

& Right foot next to left foot

8 Tap left toe next to right instep

SHUFFLE, ¼ TURN TO THE LEFT INTO CHASSÉ RIGHT, ROCK BACK, RECOVER, STEP, TOUCH

1 Left foot forward

& Right foot together

2 Left foot forward

3a¼ turn left and right foot sideward

& Left foot together

4 Right foot sideward

5 Left foot backward

6 Right foot take weight

7 Left foot forward

8 Tap right toe behind left foot

SYNCOATED HEEL AND TOE TOUCHES

& Right foot backward

1 Tap left heel forward

- & Step left foot next to right foot
- 2 Tap right toe behind left foot
- & Right foot backward
- 3 Tap left heel forward
- & Step left foot next to right foot
- 4 Tap right toe behind left foot

Restart during 6th wall (facing 12:00)

SHUFFLE BACK, COASTER STEP

- 5 Right foot backward
- & Left foot together
- 6 Right foot backward
- 7 Left foot backward & right foot together
- 8 Left foot forward

Dance ends here during 8th wall. Instead of "coaster step" do a coaster cross with $\frac{1}{4}$ turn to the left to face 12:00

STEP, HOOK BEHIND, $\frac{1}{2}$ SHUFFLE TURN TO THE LEFT, CROSS, $\frac{3}{4}$ UNWIND, SHUFFLE LEFT

- 1 Right foot forward
- 2 Hitch left behind right up to hollow of right knee
- 3 Turn a $\frac{1}{4}$ left and step left foot sideward
- & Right foot together
- 4 Turn a $\frac{1}{4}$ left and step left foot forward
- 5 Cross right foot in front
- 6 Turn $\frac{3}{4}$ left (keep weight on right foot)
- 7 Left foot forward
- & Right foot together
- 8 Left foot forward

STEP, $\frac{1}{2}$ TURN TO THE LEFT, SHUFFLE RIGHT, FULL PADDLE TURN

- 1 Right foot forward
- 2 Turn around left on balls of both feet
- 3 Right foot forward
- & Left foot together
- 4 Right foot forward
- 5 Turn a $\frac{1}{4}$ left and step left foot forward
- & Right foot behind left foot
- 6 Turn a $\frac{1}{4}$ left and step left foot forward
- & Right foot behind left foot
- 7 Turn a $\frac{1}{4}$ left and step left foot forward
- & Right foot behind left foot
- 8 Turn a $\frac{1}{4}$ left and step left foot forward

REPEAT

RESTART

There are two restarts in the dance: first one after beat 16 during 3rd wall and second one after beat 36 during 6th wall.