

THIS I PROMISE YOU

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Lu Olsen

Music: This I Promise You by Ronan Keating

ARC TO 45, TOGETHER, BEHIND, ¼ TURN, FORWARD, BACK, ½, ½, TOE BACK, UNWIND ½

- 1-2** Arc right (to the right) & step forward 45 right, step left beside right
- 3&4** Step right behind left, ¼ left turn and step left forward, step right forward (9:00)
- 5&6** Step left back, ½ right turn and step right forward, ½ right turn and step left back
- 7-8** Place right toe back, ½ right slow unwind & drop right heel (weight on right) (3:00)

MOVING BACKWARDS - ROCK LEFT, ROCK RIGHT, BEHIND, ROCK RIGHT, ROCK LEFT, BEHIND, ROCK LEFT, ROCK RIGHT, BEHIND, IN PLACE, ¼ STEP SIDE, ½ TURN STEP FORWARD

Next 6 counts are moving backwards

- &1-2** Rock left to left side, rock right to right side, step left behind right
- &3-4** Rock right to right side, rock left to left side, step right behind left
- &5-6** Rock left to left side, rock right to right side, step left behind right
- &7-8** Rock right in place, ¼ right turn step left to left, ½ right turn & step right forward (12:00)

FORWARD & HOOK, ¼ BACK & BRUSH UP, ¼ FORWARD & HOOK, BACK ¼ LEFT, SWEEPING SAILOR, TOGETHER, FORWARD 45, IN PLACE, TOGETHER

- 1-2** Step left forward and hook right leg behind left, step right back into ¼ left turn and brush left over right, (9:00)

3-4 ¼ left turn and step left forward and hook right behind left, step right back into ¼ left turn (3:00)

5&6(Sweeping left sailor) sweep left around and step behind right, step right to right side, step left to left side

- &7-8&** Step right beside left, step left forward at left 45, step right in place, step left beside right (3:00)

FORWARD, ½, BACK, BACK, ROCK FORWARD, CROSS OVER, REPLACE, TOGETHER, FULL LEFT TURN, STEP FORWARD

- 1&2** Step right forward, ½ right turn and step left back, step right back
- 3-4** Step left back, rock right forward
- 5-6&** Cross left over right, step right in place, step left beside right
- 7-8** Step right forward into full left spin turn, step left forward (9:00)

REPEAT

TAG

During wall 9, dance to count 16 at normal pace (even where the music slows down) then add the following

- 1-2** Step left forward, hold

Hold until the music starts again to commence wall 10

FINISH

On wall 10, dance to counts 21 & 22 changing the sweeping sailor into a ¼ left turning sailor to face the front. Step right forward, drag left towards right to finish