

THIS I PROMISE YOU

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Nicola Glenc

Music: This I Promise You by NSync

ROCK, RECOVER, BACK SHUFFLE, ROCK, RECOVER, FORWARD SHUFFLE

- 1-2** Rock forward on right, recover weight on left foot
- 3&4** Step back on right, close left to right, step back on right
- 5-6** Rock back on left, recover weight on right foot
- 7&8** Step forward on left, close right beside left, step forward on left

ROCK, REPLACE, CROSS TWICE, SIDE, BEHIND, CHASSE ¼ RIGHT,

- 9&10** Rock right to right side, replace weight on left, cross right over left
- 11&12** Rock left to left side, replace weight on right, cross left over right
- 13-14** Step right foot to right side, cross left behind right
- 15&16** Step right to right side, close left beside right, step right ¼ turn right

STEP, PIVOT, TRIPLE TURN, WALK FORWARD; RIGHT, LEFT, RIGHT SHUFFLE,

- 17-18** Step forward on left, pivot ½ turn right
- 19** Step to forward on left foot turning ¼ right
- &** Step back on right foot turning ½ right
- 20** Step forward on left foot turning ¼ turn right
- 21-22** Walk forward; right foot, walk forward left foot
- 23&24** Step forward on right, close left beside right, step forward on right

If you don't like doing the triple turn, steps 19&20 can be replaced by doing a shuffle forward on the left foot!

CROSS, STEP BACK, CHASSE ¼ LEFT, STEP, TURN ¼, CROSS, SIDE-TOGETHER-FORWARD

- 25-26** Cross left foot over right, step right foot to right side
- 27&28** Step left to left side, close right beside left, step left ¼ turn left
- 29&30** Step right foot forward, pivot ¼ turn left, cross right over left
- 31&32** Step left foot to left side, close right beside left, step left foot forward

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=42962