

YOU PROMISED ME

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Count: 36 **Wall:** 2 **Level:** intermediate waltz

Choreographer: Diana Bishop

Music: You Promised Me by In Grid

Start dance from "You Promised me the Moon & the sky"

1&2-3-4-5-6¹/₂ turn to right on right-left-right, step forward on left, pivot ¹/₄ to right on balls of both feet, step forward on to left, pivot ¹/₂ to right on balls of both feet

1&2-3-4-5-6 Shuffle forward left-right-left. Rock forward onto right, rock back onto left, step right toe back & reverse pivot ¹/₂ to right

1&2-3-4-5-6 Shuffle forward right-left-right, rock forward onto left, rock back onto right, step left toe back & reverse pivot ¹/₂ to left

1-2-3&4-5-6 Rock to left onto left, rock to right onto right, side shuffle to left on left-right-left, cross right over left, pivot on balls of feet turning ¹/₂ to left

1-2-3&4-5-6 Push left knee forward (lifting left heel off floor), push right knee forward (lifting right heel off floor), right toe/heel strut moving backwards, left toe/heel strut moving backwards

1-2-3-4-5&6 Step right toe back reverse pivot ¹/₂ to right, step left forward turning ¹/₄ to right, pivot on balls of both feet keep weight onto right foot, shuffle forward left-right-left

REPEAT

Music slows down through dance & stops for a second. Keep dancing through this section at the same beat as the entire dance.