

# THIS I PROMISE YOU

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Hana Smyth

**Music:** This I Promise You by NSync

## SIDE ROCK, WEAVE LEFT, FORWARD ROCK, WEAVE RIGHT

- 1-2** Rock right to right, replace on left
- 3&4** Cross right behind left, step left to left, cross right in front of left
- 5-6** Rock left forward, replace on right
- 7&8** Cross left behind right, step right to right, cross left in front of right

## ROCK REPLACE TRIPLE ONE AND A HALF TURN TRAVELING BACKWARDS TWICE

- 9-10** Rock right forward, replace on left
- 11&12** Turn half right traveling backwards stepping on right, continue turn stepping back on left, continue last half of turn stepping forward on right (easy alternative, half turn shuffle)
- 13-14** Rock left forward, replace on right
- 15&16** Repeat steps 11&12 leading with left foot (one and half turn ends on left - easy alternative as above)

## MAMBO RIGHT, MAMBO LEFT, ROCK, REPLACE, BEHIND, STEP, FORWARD, FORWARD

- 17&18** Rock right out to right side, replace weight on left, step right beside left (mambo)
- 19&20** Repeat 17&18 leading with left foot (ends on left)
- 21&22&** Rock out to right, replace on left, cross right behind left, step left beside right
- 23-24** Walk forward on right, walk forward on left

## WALK FORWARD, STEP-TURN-STEP, SAILOR STEP, SAILOR STEP, TAP

- 25-26&** Walk forward on right, step forward on left, pivot half turn right
- 27** Step forward on left
- 28&29** Right sailor step (cross right behind left, step left to side, step right diagonally forward)
- 30&31** Left sailor step (cross left behind right, step right to side, step left diagonally forward)
- 32** Tap right beside left

## REPEAT

