

# The Promise

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**Count:** 42                      **Wall:** 1                      **Level:** Novice Irish waltz

**Choreographer:** Martina Bucco - 24 September 2018

**Music:** The Promise by Marc Roberts. Album: The Promise

**[1-6] Step, Sweep, Step, Sweep, Step, Step, Cross, Sweep, Cross, Step, Cross, Hold**

**1LF step forward, RF sweep from back to front, RF step forward**

**2LF sweep from back to front, LF step forward**

**3RF step right**

**&LF cross behind RF**

**4RF sweep from front to back**

**5RF cross behind LF**

**&LF step left**

**6RF cross over LF, Hold**

**[7-12] Full Turn, Step, Sweep, Step, Sweep, Step, Step, Cross, Sweep**

**1-2**                      Full turn on both feet left

**3RF step forward, LF sweep from back to front, LF step forward**

**4RF sweep from back to front, RF step forward**

**5LF step left**

**&RF cross behind LF**

**6LF sweep from front to back**

**[13-18] Cross, Step, Cross, 1 1/4 Turn, Twikle**

**1LF cross behind RF**

**&**                      Rf step right

**2LF cross over RF**

**3-4 1+1/4 turn right**

**5LF step diagonal forward right**

**&RF step beside LF with 1/8 turn left**

**6LF step forward**

**[19-24] Cross, 1/4 Turn, 1/4 Turn, Check, Step, Check, Step**

**1RF cross over LF**

**&LF step back with 1/4 turn right**

**2RF step right with 1/4 turn right**

**3LF step diagonal right forward (Bend left knee)**

**& Weight back to RF**

**4LF step left**

**5RF step diagonal left forward (bend right knee)**

**&weight back to LF**

**6RF step beside LF**

**[25-30] Box, 1/2 Heel Turn**

**1LF step forward,**

**2RF step right**

**3LF step beside RF**

**4RF step back**

**5LF step beside RF**

**6 1/2 turn left on both heels**

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### **[31-36] Step, 1/2 Turn, 1/4 Turn Step, Rock Step**

**1LF step forward**

**&RF step back with 1/2 turn left**

**2LF step left with 1/4 turn left**

**3**            Weight on LF

**4RF step forward with 1/4 turn right (LF on knee)**

**5LF step back with 1/2 turn right (RF on knee)**

**&RF step forward with 1/2 turn right**

**6 3/4 turn right on RF**

### **Tag 1 after Round 3**

**1LF step forward**

**2RF step right,LF step beside RF**

**3RF step back**

**4LF step left,RF step beside LF**

### **Tag 2 after Round 4**

**1LF step left**

**2RF slide beside LF**

### **Tag 3 after Round 5**

**Repeat count 31-36 and Tag 2**

**Dance until the end!!!!**

**Enjoy the Dance :-)**

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