

# I Promise

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner

**Choreographer:** Micaela Svensson Erlandsson, SWE, September 2019

**Music:** This I Promise You by Ronan Keating,

**Intro: 32 counts.**

**Easy Tag + Restart: Wall 9, facing 12 O'clock (Sway right. Sway left.) Then start over.**

**Section 1: Walk. Walk. Mambo Step. Back. Back. Mambo Cross.**

- 1-2            Walk forward on right. Walk forward on left.
- 3&4           Rock forward on right. Recover onto left. Step back on right.
- 5-6           Step back on left. Step back on right.
- 7&8           Rock back on left. Recover onto right. Step Cross left over right.

**Section 2: Right Rock. Cross Shuffle. Left Rock. Cross Shuffle.**

- 1-2            Rock right to right side. Recover onto left.
- 3&4           Cross right over left. Step left to left side. Cross right over left.
- 5-6           Rock left to left side. Recover onto right.
- 7&8           Cross left over right. Step right to right side. Cross left over right.

**Easy Tag (& Restart) here: On wall 9 (Facing 12 O'clock) Sway right. Sway left & Restart**

**Section 3: Side. Together. Forward Shuffle. Side. Together. Back Shuffle.**

- 1-2            Step Right to right side. Close left beside right taking weight.
- 3&4           Step forward on right. Close left beside right. Step forward on right.
- 5-6           Step left to left side. Close right beside left taking weight.
- 7&8           Step back on left. Close right beside left. Step back on left.

**Section 4: Back. Back. Coaster Step. Step ½ Turn Right. Forward Shuffle**

- 1-2            Walk back on right. Walk back on left.
- 3&4           Step back on right. Close left beside right. Step forward on right.
- 5-6           Step forward on left. Turn ½ right.

**7&8** Step forward on left. Close right beside left. Step forward on left.

**Tag : Sway. Sway**

**1-2** Sway right. Sway left

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