

I Promise You

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Craig Bennett (UK) Mar 09

Music: This I Promise You by Ronan Keating (CD: Bring You Home)

 **16 counts from first beat, on vocal**

(app. 7 secs into track). Start with weight on L foot



Side Behind Sweep, Behind

Side Cross, Rock Recover, $\frac{1}{4}$ $\frac{1}{2}$ $\frac{1}{2}$ Cross

   ,    ,    , **1/4**,    

1-3

Step right to right side, step left behind right, sweep

right around and behind left     ,        ,      

4&5

Step right behind left, step left to left side, step

forward onto right

      ,     ,    

6&7

Rock forward onto left, Recover onto right, Make $\frac{1}{4}$ turn

left stepping left to left side     ,     ,   **90**    

8&1

$\frac{1}{2}$ turn left stepping right to right side, Make a $\frac{1}{2}$ left

stepping left to left side, cross right over left (9 o'clock)

□ □ 180□□□□ , □ □ 180□□□□ , □□□□□□□□ (□ □ 9□ □)

□□□

Back, Side, Step, Rock

Recover, 1/4 1/2 Cross

□ □ □ , □ □ □ 1/4, 1/2 □□□□

2-4

Step back onto left, Step right to right side, step

forward onto left

□□□□ , □□□□ , □□□□

5&6

Rock forward onto right, Recover back onto left, Make a

1/4 turn right stepping right to right side

□□□□ , □□□□ , □ □ 90□□□□

7&8&

Make 1/2 turn right stepping left to left side, cross

right over left, right stepping left to left side, cross right over left (6

o'clock)

□ □ 180□□□□ , □□□□□□□□ , □□□□ , □□□□□□□□ (□ □ 6□ □)

□□□

Lunge Left, Step Full Turn

Step, Rock Recover Side, Coaster Step

□□□ , □ □ □ □ , □ □ □ □ □ □ , □□□

1-2

Rock left to left side, (lunge) Recover onto right

□□□□ (□□□), □□□

3&4

Cross left over right, unwind a full turn right, step

left to left side

□□□□□□□□ , □□□□ , □□□□

5&6

Rock back onto right, Recover onto left, Step right to

right side

□□□□ , □□□□ , □□□□

7&8

Step back onto left, step right beside left, step

forward onto left (6 o'clock) □□□□ , □□□□ , □□□□ (□□ 6□□)

□□□

Step, 1/4, Rock, Recover,

Sailor 1/2 Left, Rock Recover, Side, Together

□ 1/4, □□ □□ , □□□□ , □□ □□ , □ □

1-2

Step forward onto right, 1/4 turn right pointing left to

left side

□□□□ , □□ 90□□□□ (□□ 9□□)

3-4

Press forward left, recover onto right sweeping left

around to back on right □□□□ , □□□□□□□□

5&6

Make a ½ turn left stepping back onto left, Step right to

side, step left to left side □□ 180□□□□ , □□□□ , □□□□ (□□ 3□□)

7&8&

Rock back onto right, Recover onto left, step right to

right side, step left in place (3 o'clock)

□□□□ , □□□□ , □□□□ , □□□□ (□□ 3□□)