

I Promise You (updt 5-2)

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Craig Bennett , ENGLAND (March 2009)

Music: This I promise you by Ronan Keating from album Bring You Home

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

- 1,2,3** 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

8&1 $\frac{1}{2}$ turn left stepping right to right side, $\frac{1}{2}$ turn left stepping left to left side, cross right over left

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

- 2-3,4** 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 $\frac{1}{4}$ turn right stepping right to right side
- 7&8&** Make $\frac{1}{2}$ turn right stepping left to left side, cross right over left, step left to side, cross right over left

Lunge left, Cross Unwind full turn Step, Rock Recover Side (basic), 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

Step, $\frac{1}{4}$ with Point, Press, Recover/Sweep $\frac{1}{2}$ Turn, Modified Sailor Step, Rock Recover, Step Side, Together

- 1-2** Step forward onto right, Make $\frac{1}{4}$ turn right pointing left to left side
- 3-4** Press forward left, recover onto right sweeping left around behind right making $\frac{1}{2}$ turn left
- 5&6** Step back onto left, Step right to right, Step left to left side (large step)
- 7&8&** Rock back onto right, Recover onto left, Step right to right side, Step left next to right

START AGAIN AND ENJOY!

