

# Promise This

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**Count:** 72                      **Wall:** 1                      **Level:** Beginner

**Choreographer:** Carmela Saliba (28 /11/2010)

**Music:** Promise This by Cheryl Cole. (Messy Little Raindrops)

**Sequence:- A B C A B C A B C - ONE WALL (move your body )**

**Start the dance on vocals ( In my beginning)**

**Section A: Shuffle forward right, scuff left forward, shuffle forward left scuff right forward**

**1 - 4**            Step forward right, close left beside right, step forward right, scuff left forward

**5 - 8**            Step forward left, close right beside left, step forward left, scuff right forward

**Step backward diagonal right touch toe left, step backward diagonal left touch toe right.**

**1 - 2step diagonal backward right, touch left toe next to right**

**3 - 4step diagonal backward left, touch right toe next left**

**5 - 6step diagonal backward right, touch left toe next to right**

**7 - 8step diagonal backward left, touch right toe next left**

**Cross right, cross left , cross right, ½ turn left step right cross left ½ turn left step back left**

**1 - 4cross right over left, cross left over right,**

**5 - 8**            Cross right over ½ turn left , step forward right, cross left over right ½ turn left, step back on left

**Step backward diagonal right touch toe left, step backward diagonal left touch toe right slide and touches**

**1 - 2step diagonal backward right, touch left toe next to right**

**3 - 4step diagonal backward left, touch right toe next left**

**5 - 6step diagonal backward right, touch left toe next to right**

**7 - 8step diagonal backward left, touch right toe next left**

**Close, and cross your hand, slide and open your arms, close and cross your hand, hold  
(As she sings cover me please, spread your wing, cover me, and.)**

**1 - 2** Slide both feet to the sides as you open your arms out (like spreading your wings)

**3 - 4**close both feet together as you cross your hand in front and hold your arms (as it covering you with the wings)

**5 - 6** Slide both feet to the sides as you open your arms out (like spreading your wings)

**7 - 8** Close both feet together as you cross your hand in front and hold your arms ( as it covering you with the wings )

**Hold for 1 count, as she says (and)**

**Section B: Promise this : Grapevine right scuff left, grapevine left right scuff**

**1 - 4**step right to right side, cross left behind right, step right to right side scuff left

**5 - 8**step right to right side, cross left behind right, step right to right side scuff left

**Step backward diagonal right touch toe left, step backward diagonal left touch toe right slide and touches**

**1 - 2**step diagonal backward right, touch left toe next to right

**3 - 4**step diagonal backward left, touch right toe next left

**5 - 6**step diagonal backward right, touch left toe next to right

**7 - 8**step diagonal backward left, touch right toe next left

**Section C: Alouette uette uette : Side steps right, side touch steps left, left touch turns ¼ pivots**

**1 - 4** Step right to right side, touch left next to right, step right to right side, touch left next to right

**5 - 8** Step left to left side, touch right next to left, step left to left side touch right next to left

**9 -12** Step right to right side, touch left next to right, Step left to left side, touch right next to left

**13 - 16** step forward  $\frac{1}{4}$  turn left, touch left toe next to right, step forward  $\frac{1}{4}$  turn left, touch right toe next to left

**Repeat 1 to 16 (move your body and your hands like the video song)**

**Finish the dance with some body movements on the spot.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=81367](https://www.linedance.com/index.php?f=dance_view&id=81367)