

I Promise You

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Stella Kim (August 2017)

Music: This I Promise You by Shane Filan

Intro: 16 counts

Sequence: 32-32-32-Tag-32-28-32-Tag-32-16-32-32

SEC 1: SIDE, BACK ROCK, RECOVER, 1/4 L WITH FORWARD AND 1/4 L WITH FOOT CLOSED WITHOUT WEIGHT, CROSS ROCK, RECOVER, 1/4 R WITH FORWARD, FULL TURN R, FORWARD X3

1-2&RF side long step, LF back rock, RF recover

3-4&1/4 turn L with LF forward and 1/4 turn L with RF closed LF without weight , RF cross rock, LF recover

5-6&1/4 turn R with RF forward, 1/2 turn R with LF back, 1/2 turn R with RF forward

7-8&LF forward, RF forward, LF forward

SEC 2: FORWARD ROCK, RECOVER, BACK, BACK, LOCK, 1/4 L WITH SIDE SWAY, SWAY, 1/4 L WITH FORWARD WITH SWEEP, CROSS, BACK

1-3RF forward rock, LF recover with RF drag, RF back with LF drag

4&5LF back, RF cross over lock LF, 1/4 turn L with LF side and sway

6R sway(weight RF)

7-8&1/4 turn L with LF forward and RF sweep from back to front, RF cross over LF, LF diagonal back *Restart Here - Wall 8

SEC 3: BACK, CROSS, BACK, BACK ROCK, RECOVER, FORWARD LOCK STEP, FORWARD AND SPIRAL FULL TURN L, FORWARD, FORWARD ROCK, RECOVER

1-2&RF diagonal back, LF cross over RF, RF diagonal back

3&LF back rock, RF recover

4&5LF forward, RF behind lock LF, LF forward

6RF forward and full turn L with LF cross over RF without weight

7-8&LF forward, RF forward rock, LF recover

SEC 4: BACK WITH SWEEP, BACK, 1/4 R WITH SAILOR STEP, CROSS, SIDE ROCK, RECOVER, BACK ROCK, RECOVER.

1-2RF back with LF sweep form front to back, LF back with RF sweep form front to side

3&4&1/4 turn R with RF cross behind LF, LF slightly side, RF side, LF cross over RF

***Restart Here - wall 5**

5-6RF side rock, LF recover

7-8RF back rock, LF recover

TAG (8count) : After 3rd, 6th wall, you have to dance more 8 counts.

Tag step is same as SEC 4.

RESTARTS :-

On the 5th wall, you should dance until 28 counts and start again.

On the 8th wall, you should dance until 16 counts and start again.

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<http://www.youtube.com/user/thetrianglelinedance>

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