

My Promises

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: John Warnars (NL) 25 Sept 2012

Music: Brad Paisley - I Do Now. Cd: "This Is Country Music" (79 bpm)

Info: 2 restarts, at walls 2 (12) and 5(12) , on count 1 of block 2!

Dance Starts on the word - I never "KNEW"

(01-09) R SIDE STEP, CROSS ROCK BACK, RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP into ½ SAILOR TURN L, CROSS ROCK, RECOVER, R SIDE STEP;

1RF step to right side,

2&3cross rock LF behind RF, recover back on LF, LF step to left side

4&5cross rock RF behind LF, recover back on RF, RF step with ¼ turn left backwards (9:00),

6&7LF sweep with ½ turn left behind RF (3:00), RF step next LF, LF step forwards,

8&1cross rock RF over LF, recover back on LF, RF step to right side,

(10-17) CROSS ROCK BACK, RECOVER, ¼ TURN R STEP BACK, R COASTER STEP, L LOCK STEP FWD, CROSS ROCK, RECOVER, R SIDE STEP;

2&3LF cross rock behind RF, recover back on RF, RF step with ¼ turn right backwards (6:00)

4&5RF step backwards, LF step next RF, LF step forwards,

6&7LF step forwards, RF cross behind LF (lock), LF step forwards,

8&1cross rock RF over LF, recover back on LF, RF step to right side, (Restarts at wall 2 & 5)

(18-25) CROSS ROCK. RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP into SAILOR ROCK, RECOVER, L SIDE STEP, R CROSS STEP;

2&3cross rock LF over RF, recover back on RF, LF step to left side,

4&5cross rock RF behind LF, recover back on LF, RF step with ¼ turn left backwards (3:00),

6&7sweep LF behind RF, step RF to right side, cross rock or press LF over RF,

8&1recover back on RF, LF step to left side, cross step RF over LF,

(26-32&)L SCISSOR STEP with $\frac{1}{4}$ TURN R, R STEP FWD, $\frac{1}{2}$ PIVOT L, $\frac{1}{2}$ TURN L STEP BACK, L COASTER CROSS, R CROSS ROCK, RECOVER;

2&3LF step to left side, RF step with $\frac{1}{4}$ turn right next LF (6:00), LF step forwards,

4&5RF step forwards, LF&RF make a $\frac{1}{2}$ turn left (12:00), RF step with $\frac{1}{2}$ turn left backwards (6:00),

6&7LF step backwards, RF step next LF, cross step LF over RF,

8&cross rock LF over RF, recover back on LF,

[1] Start again, (RF step to right side)

Restarts; At walls 2 & 5, on count 1 from block 2 (both on 12:00)

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