

# ONE PROMISE

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**Count:** —                      **Wall:** 2                      **Level:** intermediate

**Choreographer:** Rebecca Day

**Music:** Forever And Ever Amen by Randy Travis

**Sequence:** AAAA, B, A until the end. Other music may eliminate section B, depending on the music pattern.

## SECTION A

### EXTENDED VINES

- 1-2            Step right to right side, step left behind right
- 3-4            Step right to right side, step left in front of right
- 5-6            Step right to right side, step left behind right
- 7-8            Step right to right side, scuff left together

- 1-2            Step left to left side, step right behind left
- 3-4            Step left to left side, step right in front of left
- 5-6            Step left to left side, step right behind left
- 7-8            Step left to left side, scuff right beside left

### ROCKS

- 1-2            Rock forward on right, rock back on left
- 3-4            Rock forward on right, scuff left beside right
  
- 1-2            Rock forward on left, rock back on right
- 3-4            Rock forward on left, scuff right beside left

### WALK-SCUFFS

- 1-2            Step forward on right, scuff left beside right
- 3-4            Step forward on left, scuff right beside left

1-2 Step back on right, step back on left

3-4 Step back on right, stomp left beside right

### HEEL SPLITS & REVERSE HEEL SPLITS

1-4 Twist heels apart, twist heels together, twist heels apart, twist heels together

5-8 Twist toes apart, twist toes together, twist toes apart, twist toes together

### SIDE STEPS

1-2 Step right to right side, touch left together

3-4 Step left to left side turning  $\frac{1}{4}$  turn left, touch right together

### BACK AND SCOOT

1-2 Step back on right, step back on left

3-4 Step forward on right, scoot forward on right

### BRANCOS & OUTBACKS

1-2 Touch left toe to left side, bring left knee up in front of right leg slap with right hand

3-4 Touch left toe to left side, bring left foot behind right leg slap foot with right hand.

### CURTSES

1-2 Step left to left side, touch right toe behind and past left leg

3-4 Step right to right side, touch left toe behind and past right leg

### VINE LEFT AND TURN

1-4 Vine left stepping left-right-left turning  $\frac{1}{4}$  turn left scuff right

### STEP BACK, FORWARD

1-2 Step back on right, step back on left

3-4 Step forward on right, stomp left together

### SECTION B

#### VINES

1-4 Vine right stepping right-left-right scuff left together

5-8 Vine left stepping left-right-left stomp right together

### HEEL SPLITS

**1-4** Heel split, heel split

**5-8** Reverse heel split, reverse heel split

### **BRONCO AND OUTBACK**

**1-2** Touch right toe to right side, bring right knee up in front of left and slap with left hand

**3-4** Touch right toe to right side, bring right foot behind left leg and slap with left hand

### **CURTSIES**

**1-2** Step right to right, touch left toe behind and past right leg

**3-4** Step left to left, touch right toe behind and past left leg

### **VINES**

**1-4** Vine right stepping right-left-right, scuff left

**5-8** Vine left stepping left-right-left, stomp right

### **REPEAT**