

Promise Me No Promises

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Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Christa Thomas - September 2017

Music: No Promises by Cheat Codes ft. Demi Lavato

Intro: 48 Counts

[1-8] SIDE RIGHT, TOUCH BACK-SIDE-BACK, SIDE TOUCHES, ¼ TURN RIGHT, TOUCH

1R step to right side (big step)

2,3,4L touch behind right, L touch side, L touch behind right

5&6&L touch to left side, L step next to right, R touch to right side, R step next to right

7&8L touch to left side, L step back ¼ turn right, R touch forward (knee bent)

[9-16] WALK FORWARD, FORWARD COASTER, WALK BACK, SAILOR, CROSS

1,2 Walk forward R, L

&3R step forward, L step forward

4,5,6 Walk back R, L, R (option heel fans on opposing foot)

7&8L step behind right, R step to right side, L cross over left

[17-24] TAP, PRESS, RECOVER, SAILOR ¼ TURN LEFT, KNEE POPS, MAMBO FORWARD

&1,2R tap to right side, R press to right side, L recover

3&4R step behind left, L step forward ¼ turn left, R step forward

5,6L step forward while popping right knee, R step forward while popping left knee

7&8L rock step forward, R recover, L step next to right

[25-32] ½ BUMP STEP, ¼ BUMP STEP, SAILOR STEP, SAILOR, CROSS

1,2R touch forward ½ turn right bumping hip, R step forward

3,4L touch ¼ turn left to left side bumping hip, L step to left side

5&6R step behind left, L step to left side, R step to right side

7&8L step behind right, R step to right side, L cross over right

REPEAT AND ENJOY!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=120780