

# NO PROMISES

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**Count:** 40

**Wall:** 4

**Level:** intermediate

**Choreographer:** Shaz Walton

**Music:** No Promises by Shayne Ward

## STEP, STEP ½ PIVOT, STEP, STEP ½ PIVOT, STEP, ROCK ¼ TURN, CROSS, SIDE, BEHIND, SIDE

**1-2&3** Step forward on right, step forward left, pivot ½ turn right, step forward left

**4&5** Step forward on right, pivot ½ turn left, step forward right

**6&** Make ¼ turn right as you rock left to left side, recover on right

**7&** Cross step left over right, step right to right side

**8&** Cross step left behind right, step right to right side

## CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, PRISSY WALKS TWICE, MAMBO STEP, ½ TURN RIGHT

**1-2&** Cross rock left over right, recover on right, step left beside right

**3-4&** Cross rock right over left, recover on left, step right beside left

**5-6** Cross walk left over right, cross walk right over left (prissy walks)

**7&8** Rock forward left, recover on right, step back on left

**&** Make ½ turn right, stepping right forward

## SPIRAL FULL TURN, STEP, TOGETHER, STEP, MAMBO SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, STEP

**1** Step forward left as you make a full spiral turn right, finish with right foot hooked

**2&3** Step right small step forward step left beside right, step right small step forward

**4&5** Rock forward left, recover on right, sweep left out & behind right

**6&7-8** Cross step left behind right, step right to right side, cross rock left over right, recover on right

## STEP, CROSS, UNWIND ¾ WITH SWEEP, BEHIND SIDE CROSS, STEP, SWAY, SWAY, EXTENDED CROSS SHUFFLE

**&1-2** Step left to left side, cross step right over left, unwind ¾ turn left sweeping left

**3&4** Cross step left behind, step right to right side, cross step left over right

**5-6** Step right to right as you sway right, sway left

**7&8&** Cross step right over left, step left to left, cross step right over left, step left to left, right

**DIAMOND SEQUENCE:**

**CROSS, BACK, TURN, FORWARD, CROSS, TURN, BACK, FORWARD, CROSS, TURN, TURN, COASTER STEP**

**1-2&3** Cross step right over left, step back on left, step right 1/8 turn right, step left forward, (right diagonal front)

**4&5** Cross step right over left, step back left making 1/4 turn right, step right to right side, (left diagonal back)

**6&7** Step forward left, cross step right over left, make 1/4 right stepping back left, (right diagonal back)

**8&1** Make 1/8 right (9:00) step back right, step back left, step forward right, (this being the first step of your new wall)

**REPEAT**

**RESTART**

**During second repetition, dance to count 32. Change extended cross shuffle for the following:**

**CROSS, STEP, CROSS, STEP, CROSS, HOLD, STEP**

**1&2&** Cross step right over left, step left to left side, cross step right over left, step left to left side

**3&4&** Cross step right over left, step left to left side, cross step right over left, hold, step left beside right

**Start the dance again from the beginning**