

# Promise This

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Paul Clifton (UK)

**Music:** Promise This by Cheryl Cole. (152bpm).

## 16 Count intro (6 secs)

### S1: RIGHT LOCK STEP, KICK, WALK BACK WITH HITCHES.

1-4 Step fwd on right, Lock left behind right, Step fwd on right, Kick left fwd.

5-8 Step back on left, Hitch right knee, Step back on right, Hitch left knee.

### S2: LEFT COASTER STEP, SCUFF, STEP ½ PIVOT, STEP ¼ PIVOT.

1-4 Step back on left, Step right next to left, Step fwd on left, Scuff right fwd.

5-8 Step fwd on right, Pivot ½ turn left, Step fwd on right, Pivot ¼ turn left. (3 o'clock)

### S3: KICK CROSS SIDE ROCK RIGHT & LEFT. (travelling slightly forward)

1-4 Kick right across left, Cross step right over left, Step/Rock left to left side, Recover onto right.

5-8 Kick left across right, Cross step left over right, Step/Rock right to right side, Recover onto left.

### S4: HEEL GRIND ¼ TURN, BACK ROCK, TOE STRUTS WITH FULL TURN.

1-2 Step right heel next to left (toes pointing to left diagonal), Make ¼ turn right grinding right heel.

3-4 Step/ Rock back on right, Recover fwd onto left.

5-6 Make ½ turn left stepping back on right toe, Snap right heel down.

7-8 Make ½ turn left stepping fwd on left toe, Snap left toe down. (6 o'clock)

**\*\*\*Restart here during wall 3 facing 12 o'clock**

### S5: SIDE ROCK, SAILOR STEP, BEHIND SIDE CROSS

1-2 Step/Rock right to right side, Recover onto left,

3-4-5 Cross right behind left, Step left to left side, Step right slightly fwd.

6-7-8 Cross left behind right (dipping slightly), Step right to right side, Cross left over right.

### S6: MONTEREY 1/2 TURN RIGHT X 2

**1-4** Point right to right side, Pivot  $\frac{1}{2}$  turn right on left stepping right next left, Point left to left side, Step left next to right.

**5-8(Repeat counts 1-4) (6 o'clock)**

**S7: LONG STEP RIGHT, BACK ROCK, SIDE TOGETHER FORWARD TOUCH.**

**1-4** Take a big step to right side, Drag left towards right, Rock left behind right, Recover onto right.

**5-8** Step left to left side, Step right next to left, Step fwd on left, Touch right next to left.

**S8: FIGURE OF EIGHT VINE RIGHT WITH  $\frac{1}{4}$  TURN LEFT.**

**1-2-3** Step right to right side, Cross left behind right, Make  $\frac{1}{4}$  turn right stepping fwd on right,

**4-5-6** Step fwd on left, Pivot  $\frac{1}{2}$  turn right, Make  $\frac{1}{4}$  turn right stepping left to left side,

**7-8\*\*Cross right behind left, Make  $\frac{1}{4}$  turn left stepping fwd on left. ( 3 o'clock)**

**Start again**

**Restart: \*\*\* at the end of section 4 during wall 3 (restart facing 12 o'clock)**

**Ending: \*\* Start your last wall facing 12 o'clock, when you get to sec 5 the beat stops but try and maintain the same speed.**

**When you get to count 7 sec 8 simply unwind  $\frac{1}{2}$  turn right slowly to face 12 o'clock on count 8.**