

PROMISES DON'T COME EASY

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Count: 64

Wall: 1

Level: Beginner / Intermediate

Choreographer: Elke Weinberger & Illona Klöckner (Oct '07)

Music: Promises Don't Come Easy by Caron Nightingale

Note: Start dance after 16 counts - on vocals at 10 secs.

HIP SWAYS, ½ LEFT TURN, HIP SWAYS, TRAVELLING RIGHT FULL TURN RIGHT, 1/8 LEFT TURNING TWINKLE PATTERN

- 12** Step left to left and sway hips left, sway hips right
- 34** Execute ½ turn left and then step left to left swaying hips left, sway hips right (6 O'Clock)
- 56** Execute ½ turn right and then step left to left, execute another ½ turn right and then step right to right (6 O'Clock)
- 7&8** Cross left over right, execute 1/8 turn left and then step right to right, step left to left (5 O'Clock)

FORWARD ROCK, RECOVER, ½ RIGHT TURN, FORWARD ROCK, RECOVER, FORWARD, TRAVELLING FORWARD ¾ LEFT TURN, JAZZ BOX

- 9-10&** Rock forward on right, recover weight onto left, step right beside left
- 11-13** Execute ½ turn right and then rock left forward, recover weight onto right, step left forward (11 O'Clock)
- 14&** Execute ¼ turn left and then step right to right, execute another ½ turn left and then step left to left (2 O'Clock)
- 15-17** Cross right over left, step left back, step right close beside left

QUARTER LEFT TURN, CROSS, SIDE SLIDE, SLIDE-BALL-CROSS, SIDE SLIDE, COASTER CROSS, ¾ LEFT UNWIND TURN, SWEEP

- 18-19** Execute ¼ turn left and then cross left over right, taking a long step - slide right to right (11 O'Clock)
- 20&21** Slide left beside right (weight ends on left), cross right over left, taking a long step - slide left to left
- 22&23** Slide right back, slide beside right, cross right over left
- 24&** Unwind ¾ turn left, sweep left around from front to back (2 O'Clock)

UNSYNCOPATED SAILOR CROSS ROCK, RECOVER, TRAVELLING LEFT ½ LEFT TURN, BACK, ½ RIGHT TURN, ½ RIGHT SWEEP TURN, FORWARD, ½ LEFT SWEEP TURN

- 25-27** Cross left behind right, step right to right, cross rock left over right
- 28&29** Recover weight onto right, execute ¼ turn left and then step left forward, execute another ¼ turn left and then step right to right (7 O'Clock)
- 30&31** Step left back, execute ½ turn right and then step right forward, sweep left around from back to front as you execute another ½ turn right (weight remains on right) (7 O' Clock)
- 32-33** Step left forward, sweep right around from back to front as you execute ½ turn left (weight remains on left) (2 O'Clock)

HALF RIGHT TURNING TWINKLE, CROSS ROCK, RECOVER, ¼ LEFT TURN TOGETHER, TRAVELLING FORWARD ½ LEFT TURN, BACK, LOCK STEP

- 34-36** Cross right over left, execute ¼ turn right and then step left back, execute another ¼ turn right and then step right to right (7 O'Clock)
- 37-38** Cross rock left over right, recover weight onto right
- &** Execute ¼ turn left and then small step left forward (4 O'Clock)
- 39&40** Execute ½ turn left and then step right back, step left back, lock step right over left (11 O'Clock)

BACK, ¾ RIGHT TURN, FORWARD ROCK, RECOVER WITH HIP PUSH, TRAVELLING BACK FULL LEFT TURN, BACK, ½ RIGHT TURN, FORWARD COASTER

- 41-43** Step left back, execute ¾ turn right and then rock right forward, recover weight onto left (pushing hips back in preparation to turn left) (7 O'Clock)
- 44&45** Execute ½ turn left on ball of left and then step right forward, execute another ½ turn left on ball of right and then step left back, step right back (7 O'Clock)
- 46-47** Step left back, execute ½ turn right and then step right forward (2 O'Clock)
- 48&49** Slide left forward, slide right beside left, slide left back

MAKE 5/8 RIGHT SPIRAL TURN, BALL-CROSS, ¼ RIGHT TURN, ½ RIGHT TURNING VINE, CROSS ROCK, RECOVER, BALL-CROSS

- 50-51** Touch right toes back (right leg straightened), execute 5/8 turn right (weight remains on left with right toes crossing over left) (9 O'Clock)
- 52&53** Step right beside left, cross left over right, execute ¼ turn right and then slide right forward (12 O' Clock)

- 54&55** Execute $\frac{1}{4}$ turn right and then step left to left, cross right behind left, execute another $\frac{1}{4}$ turn right and then step left to left (6 O'Clock)
- 56-57** Cross rock right over left, recover weight onto left
- &58** Step right beside left, cross left over right

MAKE $\frac{3}{4}$ LEFT SLOW SWEEP TURN, WEAVE, HIP SWAYS, $\frac{3}{4}$ LEFT TURN

- 59-60** Over 2 counts - sweep right around as you execute $\frac{3}{4}$ turn left (weight remains on left) (9 O'Clock)
- 61&62** Cross right over left, step left to left, cross right behind left
- 63-64** Step left to left and then sway hips left, sway hips right
- &** Execute $\frac{3}{4}$ turn left on ball of right (12 O'Clock)

REPEAT