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I Promise

32 count, 4 wall, beginner/intermediate level

Choreographer: Christopher J. Spicer (USA)

May 2005

Choreographed to: You Won't Ever Be Lonely by
Andy Griggs

Start dance with vocals – 32 Count Lead

STEP, ROCK RECOVER, ANCHOR STEP, WALK, WALK, 1/4 TURN

- 1-2 Step right foot to right side, rock left foot over right foot
- 3 Recover weight on right foot
- 4&5 Step left foot behind right heel, step right foot in place, step left foot in place
- 6-7 Step right foot forward, step left foot forward

SIDE ROCK CROSS, 1/2 TURN, SIDE CHA, ROCK RECOVER

- 8&1 While making a 1/4 turn to the left, step right foot to right side, step left foot slightly back, cross right foot over left
- 2 While making a 1/4 turn to the right, step left foot back
- 3 While making a 1/4 turn to the right, rock right foot slightly to right side
- 4&5 Recover weight on left foot, step right foot next to left foot, step left foot to left side
- 6-7 Rock right foot behind left foot, recover weight on left

SHUFFLE FORWARD, ROCK RECOVER, 1/4 TURN SIDE CHA, SWAY HIPS RIGHT, LEFT

- 8&1 Step right foot forward, Step left foot next to right foot, step right foot forward
- 2-3 Rock left foot forward, recover weight on right foot
- 4&5 While making a 1/4 turn to the left, step left foot to left side, step right foot next to left, step left foot to left side
- 6-7 Sway hips right, sway hips left (weight remains on left)

SIDE CHA WITH 1/4 TURN, ROCK RECOVER, SIDE ROCK CROSS, 1/2 TURN, SIDE CHA

- 8&1 Step right foot to right side, step left foot next to right foot, while making a 1/4 turn to the left, step right foot back
- 2-3 Rock left foot back, recover weight on right foot
- 4&5 Step left foot to left side, step right foot slightly back, cross left foot over right foot
- 6 While making a 1/4 turn to the left, step right foot back
- 7 While making a 1/4 turn to the left, rock left foot slightly to left side
- 8& Recover weight on right foot, step left foot next to right REPEAT