

I Promise You

32 Count, 4 Wall, Intermediate

Choreographer: Craig Bennett (UK) March 2009

Choreographed to: This I Promise You by

Ronan Keating, Album: Bring You Home

Side Behind Sweep, Behind Side Cross, Rock Recover, $\frac{1}{4}$ $\frac{1}{2}$ $\frac{1}{2}$ Cross

- 1-2,3 Step right to right side, step left behind right, sweep right around and behind left
4&5 Step right behind left, step left to left side, step forward onto right
6& Rock forward onto left, Recover onto right
7,8&1 Make $\frac{1}{4}$ turn left stepping left to left side (9.00), $\frac{1}{2}$ turn left stepping right to right side (3.00),
Make a $\frac{1}{2}$ left stepping left to left side (9.00), cross right over left

Back, Side, Step, Rock Recover, $\frac{1}{4}$ $\frac{1}{2}$ Cross and cross

- 2-3,4 Step back onto left, Step right to right side, step forward onto left
5&6 Rock forward onto right, Recover back onto left making $\frac{1}{4}$ right (12.00)
7&8& Make $\frac{1}{2}$ turn right stepping left to left side, cross right over left, step left to left side,
cross right over (6.00)

Lunge left, Step full turn step, Rock recover side, Coaster step

- 1-2 Rock left to left side, (lunge) Recover onto right
3&4 Cross left over right, unwind a full turn right, step left to left side
5&6 Rock back onto right, Recover onto left, Step right to right side
7&8 Step back onto left, step right beside left, step forward onto left

Step $\frac{1}{4}$ right, Point, Press Sweep, Sailor $\frac{1}{2}$ side, Side together

- 1-2 Step forward onto right, $\frac{1}{4}$ turn right pointing left to left side (9.00)
3-4 Press forward left, recover onto right sweeping left around to back on right
5&6 Step back onto left, make a $\frac{1}{2}$ turn stepping back onto right, step left to left side (3.00)
7&8& Rock back onto right, Recover onto left, step right to right side, step left in place

START AGAIN AND ENJOY!

Music download available from iTunes