

I Promise!

64 Count, 4 Wall, Intermediate

Choreographer: Niels Poulsen (Denmark) Aug 2012

Choreographed to: Promise by Romeo Santos feat. Usher
(iTunes)

Intro: 32 count intro, app. 15 seconds into track. Start with weight on L foot

Phrasing: 64, 64, 64, 32, 64, 64, 32, 4, 44, 64, 30.

1 – 8 Cross rock, side rock, weave, sweep

1 – 2 Cross rock R over L (1), recover back on L (2)

3 – 4 Rock R to R side (3), recover on L (4)

5 – 8 Cross R over L (5), step L to L side (6), cross R behind L (7), sweep L out to L side (8)

9 – 16 Behind side forward, hold, step turn step, hold

1 – 4 Cross L behind R (1), step R to R side (2), step fw on L (3), hold (4)

5 – 8 Step fw on R (5), turn ½ L stepping onto L (6), step fw on R (7), hold (8) 6:00

17–24 Full turn step, hold, step ¼ L cross, hold

1 – 4 Turn ½ R stepping back on L (1), turn ½ R stepping fw on R (2), step L fw (3), hold (4)

5 – 8 Step fw on R (5), turn ¼ L stepping onto L (6), cross R over L (7), hold (8) 3:00

25–32 ½ rumba box, hold, paddle ¼ L X 2

1 – 4 Step L to L side (1), step R next to L (2), step fw on L (3), hold (4)

5 – 6 Step R fw (5), turn ¼ L stepping onto L rolling your hips to the L at the same time (6) 12:00

7 – 8 Step fw on R (7), turn ¼ L stepping onto L rolling your hips to the L at the same time (8) 9:00

* **Restart** here on wall 4**33–40 Cross sweep X 2, jazz ¼ R, hold**

1 – 4 Cross R over L (1), sweep L to L side (2), cross L over R (3), sweep R out to R side (4)

5 – 8 Cross R over L (5), step back on L (6), turn ¼ R stepping R to R side (7), hold (8) 12:00

41 – 48 Cross rock side, hold, cross rock ¼ R, hold

1 – 4 Cross rock L over R (1), recover back on R (2), step L to L side (3), hold (4)

* **Restart** here on wall 8

5 – 8 Cross rock R over L (5), recover back on L (6), turn ¼ R stepping fw on R (7), hold (8) 3:00

49 – 56 Step lock step, step lock step, step L fw, hold

1 – 3 Step fw on L (1), lock R behind L (2), step fw on L (3) – travelling slightly diagonally L

4 – 6 Step fw on R (4), lock L behind R (5), step fw on R (6) – travelling slightly diagonally R

7 – 8 Step fw on L squaring up to 3 o'clock (7), hold (8)

57 – 64 Mambo ½ R, hold, fw L, full turn L, hold

1 – 4 Rock fw on R (1), recover back on L (2), turn ½ R stepping fw onto R (3), hold (4) 9:00

5 – 8 Step fw on L (5), turn ½ L stepping back on R (6), turn ½ L stepping fw on L (7), hold (8) 9:00

TAG There's a 4 count tag, during wall 7, after 32 counts.

To do Tag facing 12:00 change 2 paddle turns from counts 29-32 to a ¾ turn L.

Change the first one to a ½ turn and the other to a ¼ turn L. Now add 4 count tag and RESTART!

Cross rock, side rock (the first 4 counts of the dance)

1 – 2 Cross rock R over L (1), recover back on L (2) 12:00

3 – 4 Rock R to R side (3), recover on L (4) ... now Restart facing 12:00

2 restarts: 1st is on wall 4, after 32 counts, facing 12:00.

2nd is on wall 8, after 44 counts, facing 12:00

ENDING You will automatically end facing 12:00 (during wall 10) when doing counts 25-29 .

Note: I've choreographed tag and restarts so they all happen when facing 12:00. Easy!