

My Promise

32 count, 4 wall, beginner/intermediate level
Choreographer: Keith Hunter (England) June 2006
Choreographed to: This I Promise You by Ronan
Keating, Bring You Home CD (82 bpm)

Start on vocals

Side Together, ¼ Turn Chasse, ½ Pivot, Full Spin

- 1-2 Step side right step left together
- 3&4 Step side right step left together step ¼ turn right on right
- 5-6 Step forward left pivot half turn right onto right
- 7&8 Full spin forward right stepping half right back on the left, half right stepping forward right, step forward left

Forward Rock, Lockstep Back, Sways, Cross Shuffle

- 1-2 Rock forward right replace weight on left
- 3&4 Lockstep back on right cross left step back right
- 5-6 Sway left sway right
- 7&8 Cross left over right side right cross left over right

½ Turn Left, Mambo Forward, Back Rock Look, Full Spin

- 1-2 Turn ¼ left stepping back right turn ¼ left stepping side right
- 3&4 Rock forward right replace weight on left step right in place
- 5-6 Rock back a large step back on left looking over your left shoulder replace Weight on right
- 7&8 Full spin forward right stepping half right back on the left half right stepping forward right step forward left

Forward Rock, Right Chasse, ½ Turn Left, Weave To The Right

- 1-2 Rock forward right replace weight on left
- 3&4 Step right to right close left to right step right to right
- 5-6 ½ Turn left rocking onto your left as you turn and replacing weight on right
- 7&8 Step left behind right step side right cross left over right

Start over again and enjoy the music

Music download available from itunes
