

## My Promises

32 Count, 2 Wall, level

Choreographer: John Warnars (NL) Sept 2012

Choreographed to: I Do Now by Brad Paisley,

CD: This Is Country Music (79 bpm)

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Dance starts on the word - I never "KNEW"

01-09 **R SIDE STEP, CROSS ROCK BACK, RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP** into ½ SAILOR TURN L, CROSS ROCK, RECOVER, R SIDE STEP

1 RF step to right side,

2&3 cross rock LF behind RF, recover back on LF, LF step to left side

4&5 cross rock RF behind LF, recover back on RF, RF step with ¼ turn left backwards (9:00),

6&7 LF sweep with ½ turn left behind RF (3:00), RF step next LF, LF step forwards,

8&1 cross rock RF over LF, recover back on LF, RF step to right side

10-17 **CROSS ROCK BACK, RECOVER, ¼ TURN R STEP BACK, R COASTER STEP, L LOCK STEP FWD, CROSS ROCK, RECOVER, R SIDE STEP;**

2&3 LF cross rock behind RF, recover back on RF, RF step with ¼ turn right backwards (6:00)

4&5 RF step backwards, LF step next RF, RF step forwards,

6&7 LF step forwards, RF cross behind LF (lock), LF step forwards,

8&1 cross rock RF over LF, recover back on LF, RF step to right side,

**Restarts at wall 2 & 5**

18-25 **CROSS ROCK. RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP** into SAILOR ROCK, RECOVER, L SIDE STEP, R CROSS STEP;

2&3 cross rock LF over RF, recover back on RF, LF step to left side,

4&5 cross rock RF behind LF, recover back on LF, RF step with ¼ turn left backwards (3:00),

6&7 sweep LF behind RF, step RF to right side, cross rock or press LF over RF,

8&1 recover back on RF, LF step to left side, cross step RF over LF

26-32& **L SCISSOR STEP** with ¼ TURN R, R STEP FWD, ½ PIVOT L, ½ TURN L STEP BACK, L COASTER CROSS, R CROSS ROCK, RECOVER;

2&3 LF step to left side, RF step with ¼ turn right next LF (6:00), LF step forwards,

4&5 RF step forwards, LF&RF make a ½ turn left (12:00), RF step with ½ turn left backwards (6:00),

6&7 LF step backwards, RF step next LF, cross step LF over RF,

8& cross rock LF over RF, recover back on LF,

1 Start again, (RF step to right side)

**Restarts;**

At walls 2 & 5, on count 1 from block 2 (both on 12:00)