

## No Promises

40 count, 4 wall, Intermediate level

Choreographer: Shaz Walton (UK) Apr 06

Choreographed to: No Promises by Shayne Ward  
(90 bpm)

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16 count intro

**Step. Step ½ pivot. Step. Step ½ pivot. step. Rock ¼ turn. Cross. Side. Behind. Side.**

1-2&3 Step forward on Right. Step forward left. Pivot ½ turn right. Step forward left.

4&5 Step forward on right. Pivot ½ turn left. Step forward right.

6& Make ¼ turn right as you rock left to left side. Recover on right.

7& Cross step left over right. Step right to right side.

8& Cross step left behind right. Step right to right side

**Cross Rock. Recover. Step. Cross Rock. Recover. Step. Prissy Walks X2. Mambo Step. ½ Turn Right.**

1-2& Cross rock left over right. Recover on right. Step left beside right.

3-4& Cross rock right over left. Recover on left. Step right beside left.

5-6 Cross walk left over right. Cross walk right over left (prissy walks)

7&8 Rock forward left. Recover on right. Step back on left.

& Make ½ turn right, stepping right forward.

**Spiral full turn. Step. Together. Step. Mambo sweep. Behind. Side. Cross rock. Recover. Step.**

1 Step forward left as you make a full spiral turn right. Finish with right foot hooked.

2&3 Step right small step forward step left beside right, step right small step forward.

4&5 Rock forward left. Recover on right. Sweep left out & behind right.

6&7-8 Cross step left behind right. Step right to right side. Cross rock left over right. Recover on right

**Step. Cross. Unwind ¾ With Sweep. Behind Side Cross. Step. Sway. Sway. Extended Cross Shuffle.**

&1-2 Step left to left side. Cross step right over left. Unwind ¾ turn left sweeping left.

3&4 Cross step left behind. Step right to right side. Cross step left over right.

5-6 Step right to right as you sway right. Sway left.

7&8& Cross step right over left. Step left to left. Cross step right over left. Step left to left. \*R

**Diamond sequence:**

**Cross. Back. Turn. Forward. Cross. Turn. Back. Forward. Cross. Turn. Turn. Coaster Step**

1-2&3 Cross step right over left. Step back on left. Step right 1/8 turn right. Step left forward.  
(R diagonal front)

4&5 Cross step right over left. Step back left making ¼ turn right. Step right to right side.  
(L diagonal back)

6&7 Step forward left. Cross step right over left. Make ¼ right stepping back left. (R diagonal back)

8&1 Make 1/8 right- (9 o'clock) step back right. Step back left. Step forward right.  
(This being the first step of your new wall)

**Restart:** - happens during second repetition. Dance to the end of section 4\* change extended cross shuffle for the following:

**Cross. Step. Cross. Step. Cross. Hold. Step**

1&2& Cross step right over left. Step left to left side. Cross step right over left. Step left to left side.

3&4& Cross step right over left. Step left to left side. Cross step right over left. Hold. Step left beside right.

Start the dance again from the beginning