

## Promise This

### INTERMEDIATE

64 Count 4 Walls

Choreographed by: Paul Clifton

Choreographed to: Promise This by Cheryl Cole

- 1 RIGHT LOCK STEP, KICK, WALK BACK WITH HITCHES.**  
1 - 4 Step fwd on right, Lock left behind right, Step fwd on right, Kick left fwd.  
5 - 8 Step back on left, Hitch right knee, Step back on right, Hitch left knee.
- 2 LEFT COASTER STEP, SCUFF, STEP 1/2 PIVOT, STEP 1/4 PIVOT.**  
1 - 4 Step back on left, Step right next to left, Step fwd on left, Scuff right fwd.  
5 - 8 Step fwd on right, Pivot 1/2 turn left, Step fwd on right, Pivot 1/4 turn left.
- 3 KICK CROSS SIDE ROCK RIGHT & LEFT. (travelling slightly forward).**  
1 - 4 Kick right across left, Cross step right over left, Rock left to left side, Recover onto right.  
5 - 8 Kick left across right, Cross step left over right, Rock right to right side, Recover onto left.
- 4 HEEL GRIND WITH 1/4 TURN RIGHT, BACK ROCK, TOE STRUTS WITH FULL TURN LEFT.**  
1 - 2 Step right heel next to left toe (toes pointing to left), Make 1/4 turn right grinding right heel.  
3 - 4 Step/rock back on right, Recover fwd onto left.  
5 - 6 Make 1/2 turn left stepping back on right toe, Snap right heel down.  
7 - 8 Make 1/2 turn left stepping fwd on left toe, Snap left heel down. ( facing 6 o'clock)  
Restart \*\*\* (restart here during wall 3 facing 12 o'clock)
- 5 SIDE ROCK, SAILOR STEP, BEHIND SIDE CROSS.**  
1 - 2 Step/rock right out to right side, Recover onto left.  
3 - 4 - 5 Cross step right behind left, Step left to left side, Step right slightly fwd.  
6 - 7 - 8 Cross step left behind right (dipping slightly), Step right to right side, Cross left over right.
- 6 MONTEREY 1/2 TURN X2**  
1 - 2 Point right to right side, Pivot 1/2 turn right on ball of left stepping right next to left.  
3 - 4 Point left to left side, Step left next to right.  
5 - 8 Repeat counts 1-4 (1/2 Monterey turn right).
- 7 LONG STEP RIGHT, BACK ROCK, SIDE TOGETHER FORWARD TOUCH.**  
1 - 4 Take a big step to right side, Drag left towards right, Rock left behind right, Recover onto right.  
5 - 8 Step left to left side, Step right next to left, Step left fwd, Touch right next to left.
- 8 FIGURE OF EIGHT VINE RIGHT WITH 1/4 TURN LEFT.**  
1 - 2 - 3 Step right to right side, Cross step left behind right, Make 1/4 turn right stepping fwd on right.  
4 - 5 - 6 Step fwd on left, Pivot 1/2 turn right, Make 1/4 turn right stepping left to left side.  
7 - 8 Cross step right behind left, Make 1/4 turn left stepping fwd on left. (3 o'clock)

#### Start again

**Restart\*\*\*** at the end of section 4 during wall 3 (restart facing 12 o'clock)

**Ending** on you last wall you will be facing 6 o'clock on count 7 of section 8 (unwind 1/2 turn right to face 12 o'clock).