

## My Promised Land

32 Count, 4 Wall, Beginner

Choreographer: Kim Liebsch (Denmark) Dec. 2015

Choreographed to: Promised Land by Omi

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Intro: 32 counts after first beat(appr. 15 seconds) start with weight on l foot

**#1 Section: Rock Recover, Shuffle Back, Back Rock, Shuffle Fw.**

1-2 Rock fw. on R, recover on L 12:00  
3&4 Step back on R, step L next to R, step back on R 12:00  
5-6 Rock back on L, recover on R 12:00  
7&8 Step fw. on L, step R next to L, step fw. on L 12:00

**#2 Section: Walk Full Circle L, Cross Rock Chasse´**

1-4 Walk a full circle L stepping R-L-R-L 12:00  
5-6 Cross R over L, recover on L 12:00  
7&8 Step R to R side, close L beside R, step R to R side 12:00

**#3 Section: Walk Full Circle R, Chasse´ ¼ Turn**

1-4 Walk a full circle R stepping L-R-L-R 12:00  
5-6 Cross L over R, recover on R 12:00  
7&8 Make ¼ turn L stepping fw. on L, close R beside L, step fw. on L 9:00

**#4 Section: Rocking Chair, Step ½ Turn, Kick Ball Step**

1-2 Rock fw. on R, recover on L 9:00  
3-4 Rock back on R, recover on L 9:00  
5-6 Step fw. on R make ½ turn L stepping fw. on L 3:00  
7&8 Kick R fw. step R next to L, step fw. on L 3:00

Ending: Step ½ L turn to face 12:00

Good Luck & N´joy!