



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Promises Promises

32 Count, 4 Wall, Beginner

Choreographer: Gary Lafferty (UK) Sep 2016

Choreographed to: Promises by Katy Hurt

154 bpm

Intro: 16 Count

Section 1 Toe-Strut, Toe-Strut, Kick, Kick, Back, Touch

1-4 Touch Right toe forward, lower Right heel to floor, touch Left toe forward,
lower Left heel to floor

5-8 Kick Right foot forward, kick Right foot forward again, step back on Right foot,
touch Left foot beside Right

Section 2 Left Lock-Step Forward, Brush; Right Lock-Step Forward, Hold

1-4 Step forward on Left foot, lock-step Right foot behind Left, step forward on Left foot,
brush Right foot forward

5-8 Step forward on Right foot, lock-step Left foot behind Right, step forward on Right foot,
Hold

Section 3 Left Rocking Chair; Step Forward, ¼ Pivot, Cross, Hold

1-4 Rock forward on Left foot, recover weight back onto Right foot, rock back on Left foot,
recover weight onto Right

5-8 Step forward on Left foot, pivot ¼ turn to Right, cross-step Left foot over Right, hold

Section 4 Right Toe-Strut, Crossing Left Toe-Strut; Point, ½ Turn, Point Together

1-4 Touch Right toe out to Right side, lower Right heel to floor, cross-touch Left foot over Right,
lower Left heel to floor

5-6 Point Right foot out to Right side, turn ½ Right stepping down onto Right foot

7-8 Point Left foot out to Left side, step on Left foot beside Right

Start Again

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768*charged at 10p per minute