

## Promise U

32 Count, 4 Wall, Beginner

Choreographer: Betty Lee (Canada), December, 2016

Choreographed to: This I Promise You by Ronan Keating

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### Start on lyric: "Love"

#### **S 1: Forward Rock, Shuffle Full Turn R, Forward Rock, Shuffle $\frac{3}{4}$ L**

- 1-2 Rock step R forward, Recover onto L
  - 3&4 Triple steps R, L, R making full turn R
  - 5-6 Rock step L forward, Recover onto R
  - 7&8 Triple steps L, R, L making  $\frac{3}{4}$  turn L ( 3:00 )
- \*\* Less turning option:**
- 3&4 Triple steps R,L,R in place
  - 5-6 Rock step L forward,  $\frac{1}{4}$  R stepping back R
  - 7&8 Cross L over R, Step R to R, Cross L over R

#### **S 2: Side, Together, Lock Step Forward, Side, Together, Lock Step Back**

- 1-2 Step R to R, Step L next to R
- 3&4 Step R forward, Lock step L behind R, Step R forward
- 5-6 Step L to L, Step R next to L
- 7&8 Step back L, Lock step R in front to L, Step back L

#### **S 3: Lock Steps Back X2, Shuffle $\frac{1}{2}$ R Twice**

- 1&2 Step R, Lock step L in front of R, Step back R
  - 3&4 Step back L, Lock Step R in front of L, Step back L
  - 5&6  $\frac{1}{4}$  R step R to R, Step L next to R,  $\frac{1}{4}$  R step R forward
  - 7&8  $\frac{1}{4}$ R step L to L, Step R next to L,  $\frac{1}{4}$  R step back L
- \*\* Less turning option**
- 5&6 Step R Back, Recover to L, Step R forward slightly ( R back mambo)
  - 7&8 Step L forward, Recover to R, Step L back slightly (L forward mambo)

#### **S 4: Side Rock, Cross, Hold, Side Rock, Cross, Hold**

- 1-4 Rock step R to R, Recover onto L, Cross R over L, Hold
- 5-8 Rock step L to L, Recover onto R, Cross L over R, Hold

### REPEAT