

PROMISES

4-Wall Line dance.

Choreographed by Jos Slijpen (NL)

Choreographed to the track 'Promises' by Kylie Minogue.

CD: Body Language. 102 bpm.

(Country alt.: I Keep Forgetting – Lee Ann Womack from
Line Dance Fever 12 – 99 bpm)

Level: Intermediate

Intro: 32 counts

HEEL JACKS RIGHT & Left, ½PIVOT TURN, ¼ PIVOT TURN

&1&2 Step Right back, touch Left heel forward, step Left back, close Right next to Left

&3&4 Step Left back, touch Right heel forward, step Right back, close Left next to Right

5-6 Step Right forward, pivot ½ turn left

7-8 Step Right forward, pivot ¼ turn left

CROSS SHUFFLE, ROCK & CROSS, ¾ TURN LEFT, ¼ TURN SAILER STEP LEFT

1&2 Cross Right over Left, step Left to side, cross Right over Left

3&4 Rock Left to left side, recover weight on Right, cross Left over Right

5&6 Make ¼ turn left and step Right back, make ½ turn left and step Left forward, step Right forward

7&8 Cross Left behind Right, make ¼ turn left and step Right to side, step Left to side

CROSS, TOUCH SIDE, KICK & TOUCH SIDE (X2)

1-2 Cross Right over Left, touch Left to left side

3&4 Kick Left forward, close Left next to Right, touch Right to right side

5-8 Repeat 1-4

CROSS, UNWIND, ½ TURN LEFT, LOCK SHUFFLE FORWARD, CROSS, ½ TURN RIGHT WITH 3X HEEL BOUNCES

1-2 Cross Right over Left, unwind ½ turn left (weight on Left)

3&4 Step Right forward, cross Left behind Right, step Right forward

5-6 Sweep Left in 2 counts across Right

7&8 Whilst making ½ turn right bounce both heels 3x (03.00 hrs)

Start again and enjoy!

Tag (track Kylie Minogue):

After 7th wall the music stops for 4 counts. Repeat counts &1-4 and start dance from beginning.

Tag (track Lee Ann Womack)

After 4th wall repeat counts &1-8 and start dance from beginning.