

MY PROMISES

Choreography : John Warnars (NL) (25 September 2012)

Walls : 2 wall line dance

Niveau : Intermediate

Counts : 32 – 79 bpm – dance started on the word - I never “**KNEW**”

Info : 2 restarts, at walls 2⁽¹²⁾ and 5⁽¹²⁾, on count 1 of block 2!

Music : Brad Paisley – I do now

Bron : www.linedancerjohn.com Email: info@linedancerjohn.com Tel: [06-52501870](tel:06-52501870)



Cd “This Is Country Music”

(01-09) **R SIDE STEP, CROSS ROCK BACK, RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP into ½ SAILOR TURN L, CROSS ROCK, RECOVER, R SIDE STEP;**

- 1 RF step to right side,
- 2&3 cross rock LF behind RF, recover back on LF, LF step to left side
- 4&5 cross rock RF behind LF, recover back on RF, RF step with ¼ turn left backwards (9:00),
- 6&7 LF sweep with ½ turn left behind RF (3:00), RF step next LF, LF step forwards,
- 8&1 cross rock RF over LF, recover back on LF, RF step to right side,

(10-17) **CROSS ROCK BACK, RECOVER, ¼ TURN R STEP BACK, R COASTER STEP, L LOCK STEP FWD, CROSS ROCK, RECOVER, R SIDE STEP;**

- 2&3 LF cross rock behind RF, recover back on RF, RF step with ¼ turn right backwards (6:00)
- 4&5 RF step backwards, LF step next RF, RF step forwards,
- 6&7 LF step forwards, RF cross behind LF (lock), LF step forwards,
- 8&1 cross rock RF over LF, recover back on LF, RF step to right side, **(Restarts at wall 2 & 5)**

(18-25) **CROSS ROCK, RECOVER, L SIDE STEP, CROSS ROCK BACK, RECOVER, ¼ TURN L STEP BACK, SWEEP into SAILOR ROCK, RECOVER, L SIDE STEP, R CROSS STEP;**

- 2&3 cross rock LF over RF, recover back on RF, LF step to left side,
- 4&5 cross rock RF behind LF, recover back on LF, RF step with ¼ turn left backwards (3:00),
- 6&7 sweep LF behind RF, step RF to right side, cross rock or press LF over RF,
- 8&1 recover back on RF, LF step to left side, cross step RF over LF,

(26-32&) **L SCISSOR STEP with ¼ TURN R, R STEP FWD, ½ PIVOT L, ½ TURN L STEP BACK, L COASTER CROSS, R CROSS ROCK, RECOVER;**

- 2&3 LF step to left side, RF step with ¼ turn right next LF (6:00), LF step forwards,
- 4&5 RF step forwards, LF&RF make a ½ turn left (12:00), RF step with ½ turn left backwards (6:00),
- 6&7 LF step backwards, RF step next LF, cross step LF over RF,
- 8& cross rock LF over RF, recover back on LF,

- 1 Start again, (RF step to right side)

Restarts;

At walls 2 & 5, on count 1 from block 2 (both on 12:00)