



## I Promise You

32 Count, 4 Wall, Intermediate  
Choreographer: Judy Rodgers (USA) Aug 2017  
Choreographed to: This I Promise You by NSYNC

### 32 count intro (will be 2 counts before the vocals)

#### Section 1: **Cross, turn 1/4 R, step lock step, turn 1/4 L point hold, sailor turn 5/8 R**

1-2 Cross R over L, turn 1/4 right step L back 3:00  
3&4 Step R back, lock L over R, step R back  
&5-6 Turn 1/4 left step L to left side (turn upper body diag left), point R to right side, hold 12:00  
7&8 Sweep/turn 5/8 right step R behind L, step L to left side, step R to right fwd diagonal 7:30

#### Section 2: **Rock recover back, back turn 3/8 L, turn 1/2 L, turn 1/2 L, rock recover turn 1/4 R**

1&2 Rock L fwd, recover R, step L back (still on diagonal)  
3-4 Step R back, turn 3/8 step L fwd 3:00  
5-6 Turn 1/2 left step R back, turn 1/2 left step L fwd  
7&8 Rock R fwd, recover L, turn 1/4 right step R to side 6:00

#### Section 3: **Cross rock & cross turn 1/4 R, coaster step, step, point**

1-2& Cross rock L over R, recover R, step L to left side  
3-4 Cross rock R over L, turn 1/4 right step L back 9:00  
5&6 Step R back, step L beside R, step R fwd  
7-8 Step L fwd, point R to right side  
**\*\*Restart Wall 8 (wall 8 starts 3:00, restarts 12:00)**

#### Section 4: **Sweep sailor turn 1/2 R, rock recover, step turn 1/2 R, shuffle**

1&2 Sweep turn 1/2 R step R behind L, step L to left side, step R slightly fwd 3:00  
3-4 Rock L fwd, recover R  
5-6 Step L back, turn 1/2 right step R fwd 9:00  
7&8 Step L fwd, step R beside L, step L fwd

#### One Tag danced 2 times:

**Add the following 4 cnts after Wall 3 (starts 6:00, ends 3:00) and Wall 6 (starts 9:00 ends 6:00):**  
1-4 Sway R, L, R, L