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## Promises, Promises

64 Count, 4 Wall, Intermediate
Choreographer: Dougie D. (UK) May 2009
Choreographed to: Promises by Take That (112 bpm)

48 Count intro
Right sailor step, left sailor heel with $\mathbf{1 / 4}$ turn left, lock steps
$1 \& 2$ cross right behind left, step left beside right, step right in place,
$3 \& 4 \& \quad$ cross left behind right, step right beside left, dig left heel fwd with $1 / 4$ turn left, step left beside right
5-6 step fwd on right, tap left behind right,
7\&8 step fwd on right, lock left behind right, step fwd on right
Rock and coaster step, cross right over left, step back on left, chasse $1 / 4$ right
1-2 rock fwd on left, recover on right,
3\&4 step back on left, step right beside left, step fwd on left
5-6 cross right over left, step back on left,
7\&8 chasse 1/4 turn right, stepping right, left, right
Step fwd on left, step $1 / 4$ turn left, sailor step, cross step, step $1 / 4$ turn right, sailor step
1-2 step fwd on left, step right beside left with $1 / 4$ turn left,
$3 \& 4$ cross left behind right, step right beside left, step left in place,
5-6 cross right over left, step left beside right with $1 / 4$ turn right
7\&8 cross right behind left, step left beside right, step right in place
Lock step to right, rock to right side, cross chasse left
1-2 cross left over right, lock right beside left, (still facing front),
3\&4 step left to right side, lock right beside left, step left to right side, ( still facing front),
5-6 rock out to right side on right, recover on left,
7\&8 cross chasse left, stepping right, left, right
Behind side cross, behind side cross with $1 / 4$ turn right
1-2 rock out to left side, recover on right,
3\&4 cross left behind right, step right beside left, cross left over right,
5-6 rock out to right side, recover on left,
$7 \& 8$ cross right over left, step left beside right with $1 / 4$ turn right, cross right over left
Shuffle back, back rock, shuffle fwd, step and tap
1\&2 shuffle back, stepping left, right, left,
3-4 rock back on right recover on left,
5\&6 shuffle fwd, stepping, right, left, right,
7-8 step fwd on left, tap right beside left
Rock to right side, cross rock, rock to right side, cross chasse left
1-2 rock out to right side, recover on left,
3-4 cross rock right over left, recover on left,
5-6 rock out to right side, recover on left,
7\&8 cross chasse to left, stepping, right, left, right
Rock to left, recover $1 / 4$ turn right, walk fwd, left, right, left, right with $1 / 4$ turn left, kick ball change.
1-2 rock out to left side, recover on right with $1 / 4$ turn right,
3-4 walk fwd left, right,
5-6 walk fwd on left with $1 / 4$ turn left and point right toe to right side
7-8 rock fwd on right, recover on left.

