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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

1&2 3&4&	Right sailor step, left sailor heel with 1/4 turn left, lock steps cross right behind left, step left beside right, step right in place, cross left behind right, step right beside left, dig left heel fwd with 1/4 turn left, step left beside right
544 5-6 7&8	step fwd on right, tap left behind right, step fwd on right on right, lock left behind right, step fwd on right
700	step two off right, lock left belind right, step two off right
1-2	Rock and coaster step, cross right over left, step back on left, chasse 1/4 right 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 174 turn left, sanor step, cross step, step 174 turn right, sanor step 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
700	cross right behind left, step left beside right, step right in place
1.0	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
4.0	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.