

The Promise

32 Count, 2 Wall, Beginner

Choreographer: Suzy Taylor (UK) Oct 2008

Choreographed to: The Promise by Girls Aloud;

A Rose In The Wind by Anggun,

CD: Snow On The Sahara

Start dancing on lyrics

- 1. FORWARD ROCK, RECOVER, HOOK-FORWARD-FLICK WITH 3 SCUFFS, STEP REVERSE PIVOT ½, COASTER**
1-2 Rock right forward, recover
3&4 Scuff right in front hook across left, scuff forward, scuff and flick back
5-6 Step right forward, ½ right stepping left back
7&8 Step right back, step left back, step right forward

 - 2. STEP PIVOT ½ TURN, FORWARD-HOOK-FORWARD WITH 3 SCUFFS, FORWARD ROCK, TRIPLE FULL TURN**
1-2 Step left forward, pivot ½ turn right stepping onto right
3&4 Scuff left forward, hook across right, scuff left forward
5-6 Rock left forward, recover
7&8 Step left ½ turn left, step right beside, step left ½ turn left

 - 3. SIDE-BEHIND, ¼ TURN SHUFFLE, STEP PIVOT ¼ TURN, ¼ TURN SHUFFLE**
1-2 Step right to side, cross left behind
3&4 Step right ¼ turn right, step left beside, step right forward
5-6 Step left forward, pivot ¼ turn right
7&8 Step left to side ¼ turn right, step right beside, step left to side

 - 4. TWO STEPS BACK, RIGHT SAILOR, ¼ TURN LEFT ROCK LEFT TO SIDE-POINT RIGHT, RECOVER TURN ¼ RIGHT, ¾ TURN SHUFFLE**
1-2 Sweep right back, sweep left back
3&4 Step right back, step left to side, step right to side
5-6 Rock left to side turning ¼ left, point right to side, recover turning ¼ right
7&8 Step left ¼ turn right, step right forward ¼ turn right, step left forward ¼ turn right
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