

# I Promise You

Choreographed March 2009  
by Craig Bennett, ENGLAND

**DESCRIPTION:** 4-Wall Line Dance, Intermediate; 32 Counts, Night club 2 Step

**MUSIC:** *This I promise you* by Ronan Keating from album *Bring You Home*

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## **Side Behind Sweep, Behind Side Cross, Rock Recover, $\frac{1}{4}$ $\frac{1}{2}$ $\frac{1}{2}$ Cross**

1-2,3 Step right to right side, step left behind right, sweep right around and behind left

4&5 Step right behind left, step left to left side, step forward onto right

6& Rock forward onto left, Recover onto right

7,8&1 Make  $\frac{1}{4}$  turn left stepping left to left side (9.00),  $\frac{1}{2}$  turn left stepping right to right side (3.00), Make a  $\frac{1}{2}$  left stepping left to left side (9.00), cross right over left

## **Back, Side, Step, Rock Recover, $\frac{1}{4}$ $\frac{1}{2}$ Cross and cross**

2-3,4 Step back onto left, Step right to right side, step forward onto left

5&6 Rock forward onto right, Recover back onto left making  $\frac{1}{4}$  right (12.00)

7&8& Make  $\frac{1}{2}$  turn right stepping left to left side, cross right over left, step left to left side, cross right over (6.00)

## **Lunge left, Step full turn step, Rock recover side, Coaster step**

1-2 Rock left to left side, (lunge) Recover onto right

3&4 Cross left over right, unwind a full turn right, step left to left side

5&6 Rock back onto right, Recover onto left, Step right to right side

7&8 Step back onto left, step right beside left, step forward onto left

## **Step $\frac{1}{4}$ right, Point, Press Sweep, Sailor $\frac{1}{2}$ side, Side together**

1-2 Step forward onto right,  $\frac{1}{4}$  turn right pointing left to left side (9.00)

3-4 Press forward left, recover onto right sweeping left around to back on right

5&6 Step back onto left, make a  $\frac{1}{2}$  turn stepping back onto right, step left to left side (3.00)

7&8& Rock back onto right, Recover onto left, step right to right side, step left in place

**START AGAIN AND ENJOY!**