

I PROMISE YOU

Choreographed by: Craig Bennett (UK) Mar 09

Music: **This I Promise You** by **Ronan Keating** (CD: Bring You Home)

Descriptions: 32 count - 4 wall - Intermediate level line dance

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

- 1-3 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&7 Rock forward onto left, Recover onto right, Make $\frac{1}{4}$ turn left stepping left to left side
- 8&1 $\frac{1}{2}$ turn left stepping right to right side, Make a $\frac{1}{2}$ left stepping left to left side, cross right over left **(9 o'clock)**

Back, Side, Step, Rock Recover, $\frac{1}{4}$ $\frac{1}{2}$ Cross

- 2-4 Step back onto left, Step right to right side, step forward onto left
- 5&6 Rock forward onto right, Recover back onto left, **Make a $\frac{1}{4}$ turn right stepping right to right side**
- 7&8& Make $\frac{1}{2}$ turn right stepping left to left side, cross right over left, **right stepping left to left side, cross right over left (6 o'clock)**

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 **(6 o'clock)**

Step, $\frac{1}{4}$, Rock, Recover, **Sailor $\frac{1}{2}$ Left**, Rock Recover, Side, Together

- 1-2 Step forward onto right, $\frac{1}{4}$ turn right pointing left to left side
- 3-4 Press forward left, recover onto right sweeping left around to back on right
- 5&6 **Make a $\frac{1}{2}$ turn left stepping back onto left, Step right to side**, step left to left side
- 7&8& Rock back onto right, Recover onto left, step right to right side, step left in place **(3 o'clock)**

Start Again And Enjoy!