

The Promise

Description : 1 Wall , 4 counts, Novice, Irish Waltz with Tags

Song: „The Promise“ by Marc Roberts

Album: The Promise

Choreograph: Martina Bucco

1-6 Step, Sweep, Step, Sweep, Step, Step, Cross, Sweep, Cross, Step, Cross, Hold

1 LF step forward, RF sweep from back to front, RF step forward

2 LF sweep from back to front, LF step forward

3 RF step right

& LF cross behind RF

4 RF sweep from front to back

5 RF cross behind LF

& LF step left

6 RF cross over LF, Hold

7-12 Full Turn, Step, Sweep, Step, Sweep, Step, Step, Cross, Sweep

1-2 Full turn on both feet left

3 RF step forward, LF sweep from back to front, LF step forward

4 RF sweep from back to front, RF step forward

5 LF step left

& RF cross behind LF

6 LF sweep from front to back

13-18 Cross, Step, Cross, 1 1/4 Turn, Twinkle

1 LF cross behind RF

& RF step right

2 LF cross over RF

3-4 1 1/4 turn right

5 LF step diagonal forward right

& RF step beside LF with 1/8 turn left

6 LF step forward

19-24 Cross, 1/4 Turn, 1/4 Turn, Check, Step, Check, Step

1 RF cross over LF

& LF step back with 1/4 turn right

2 RF step right with 1/4 turn right

3 LF step diagonal right forward (Bend left knee)

& Weight back to RF

4 LF step left

5 RF step diagonal left forward (bend right knee)

& weight back to LF

6 RF step beside LF

25-30 Box, 1/2 Heel Turn

1 LF step forward,

2 RF step right

3 LF step beside RF

4 RF step back

5 LF step beside RF

6 1/2 turn left on both heels

31-36 Step, 1/2 Turn, 1/4 Turn Step, Rock Step

- 1 *LF step forward*
- 8 *RF step back with 1/2 turn left*
- 2 *LF step left with 1/4 turn left*
- 3 *Weight on LF*
- 4 *RF step forward with 1/4 turn right (LF on knee)*
- 5 *LF step back with 1/2 turn right (RF on knee)*
- 8 *RF step forward with 1/2 turn right*
- 6 *3/4 turn right on RF*

Tag 1 after Round 3

- 1 *LF step forward*
- 2 *RF step right, LF step beside RF*
- 3 *RF step back*
- 4 *LF step left, RF step beside LF*

Tag 2 after Round 4

- 1 *LF step left*
- 2 *RF slide beside LF*

Tag 3 after Round 5

Repeat count 31-36 and Tag 2

Dance until the end!!!!

Enjoy the Dance :-)