

# I Promise

**Choreographer:** Micaela Svensson Erlandsson

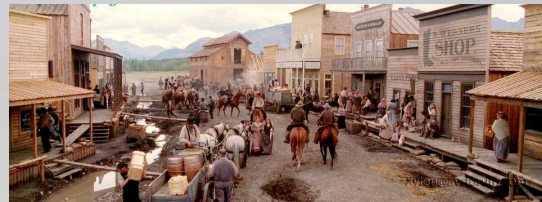
**Count:** 32

**Wall:** 2

**Level:** Beginner

**Intro:** 32 counts

**Music:** "This I Promise You" by Ronan Keating,



[www.country-stafke.be](http://www.country-stafke.be)

**Easy Tag + Restart: Wall 9, facing 12 O'clock (Sway right. Sway left.) Then start over.**

## **Section 1: Walk. Walk. Mambo Step. Back. Back. Mambo Cross.**

- 1-2 Walk forward on right. Walk forward on left.
- 3&4 Rock forward on right. Recover onto left. Step back on right.
- 5-6 Step back on left. Step back on right.
- 7&8 Rock back on left. Recover onto right. Step Cross left over right.

## **Section 2: Right Rock. Cross Shuffle. Left Rock. Cross Shuffle.**

- 1-2 Rock right to right side. Recover onto left.
- 3&4 Cross right over left. Step left to left side. Cross right over left.
- 5-6 Rock left to left side. Recover onto right.
- 7&8 Cross left over right. Step right to right side. Cross left over right.

**Easy Tag (& Restart) here: On wall 9 (Facing 12 O'clock) Sway right. Sway left & Restart**

## **Section 3: Side. Together. Forward Shuffle. Side. Together. Back Shuffle.**

- 1-2 Step Right to right side. Close left beside right taking weight.
- 3&4 Step forward on right. Close left beside right. Step forward on right.
- 5-6 Step left to left side. Close right beside left taking weight.
- 7&8 Step back on left. Close right beside left. Step back on left.

## **Section 4: Back. Back. Coaster Step. Step ½ Turn Right. Forward Shuffle**

- 1-2 Walk back on right. Walk back on left.
- 3&4 Step back on right. Close left beside right. Step forward on right.
- 5-6 Step forward on left. Turn ½ right.
- 7&8 Step forward on left. Close right beside left. Step forward on left

## **Repeat**

**Tag : Sway. Sway**

- 1-2 Sway right. Sway left