



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

# False Promises

Choreographer : Lee Hamilton & Heather Barton

Type of dance : 4 Wall

Level : Improver

Counts : 32

Intro : Start on vocals

Music : I Tried A Ring On – by Tigirlily Gold

## 1 Tag – end of Wall 3

### Section 1 [1-8] ¼ L Side Rock, Recover, Weave, R Cross Shuffle

1 2 Make ¼ turn L rocking R out to R side (1), Recover weight on L (2) 9:00  
3 4 Cross step R over L (3), Step L to L side (4)  
5 6 Step R behind L (5), Step L to L side (6)  
7&8 Cross step R over L (7), Step L to L side (&), Cross step R over L (8)

### Section 2 [9-16] L Side Rock, Recover, L Cross Shuffle, Hinge ¼ L, Side L, Cross R, Sweep L

1 2 Rock L out to L side (1), Recover weight on R (2)  
3&4 Cross step L over R (3), Step R to R side (&), Cross step L over R (4)  
5 6 Make ¼ turn L stepping back on R (5), Step L to L side (6) 6:00  
7 8 Cross step R over L (7), Sweep L around from back to front (8)

### Section 3 [17-24] Weave With Sweep, Behind R, Side L, R Cross Shuffle

1 2 Cross step L over R (1), Step R to R side (2)  
3 4 Step L behind R (3), Sweep R around from front to back (4)  
5 6 Step R behind L (5), Step L to L side (6)  
7&8 Cross step R over L (7), Step L to L side (&), Cross step R over L (8) 6:00

### Section 4 [25-32] L Side Rock, Recover, Behind-Side-Cross, R Side Rock, Recover, Behind R, Step L ¼ L

1 2 Rock L out to L side (1), Recover weight on R (2)  
3&4 Step L behind R (3), Step R to R side (&), Cross step L over R (4)  
5 6 Rock R out to R side (5), Recover weight on L (6)  
7 8 Step R behind L (7), Make ¼ turn L stepping forward on L (8) 3:00

**TAG: At the end of Wall 3 (facing 9:00) add the following 8-count tag then start the dance again:**

### Rock Fwd R, Recover, R Shuffle Back, Rock Back L, Recover, L Shuffle Fwd

1 2 Rock forward on R (1), Recover weight on L (2)  
3&4 Step back on R (3), Step L next to R (&), Step back on R (4)  
5 6 Rock back on L (5), Recover weight on R (6)  
7&8 Step forward on L (7), Step R next to L (&), Step forward on L (8)

### ENDING

**The song finishes at the end of Wall 11. To finish facing 12:00 replace the ¼ turn L at Section 4, Count 8 with a side step L and point your right index finger to the 3rd finger of your left hand (ring finger).**

Contact: [Leeh040595@icloud.com](mailto:Leeh040595@icloud.com) or [hcbootleggers26@aol.com](mailto:hcbootleggers26@aol.com)

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