I Promise You (愛的承諾) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Craig Bennett (UK) - 2009年03月
Music: This I Promise You - Ronan Keating : (CD: Bring You Home)

前奏： 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段 Side Behind Sweep, Behind Side Cross, Rock Recover, ¼ ½ ½ Cross
側 後 繞, 後 旁 前, 下沉 回復, 1/4, 轉 轉 交叉

1-3 Step right to right side, step left behind right, sweep right around and behind left 右足右踏, 左足於右足後踏, 右足繞至左足後

4&5 Step right behind left, step left to left side, step forward onto right
右足於左足後踏, 左足左踏, 右足前踏

6&7 Rock forward onto left, Recover onto right, Make ¼ turn left stepping left to left side 左足前下沉, 右足回復, 左轉90度左足左踏

8&1 ½ turn left stepping right to right side, Make a ½ left stepping left to left side, cross right over left (9 o'clock)
左轉180度右足右踏, 左轉180度左足左踏, 右足於左足前交叉踏(面向9點鐘)

第二段 Back, Side, Step, Rock Recover, ¼ ½ Cross
後 旁 前, 下沉 回復 1/4, 1/2 交叉交換

2-4 Step back onto left, Step right to right side, step forward onto left
左足後踏, 右足右踏, 左足前踏

5&6 Rock forward onto right, Recover back onto left, Make a ¼ turn right stepping right to right side
右足前下沉, 左足回復, 右轉90度右足右踏

7&8& Make ½ turn right stepping left to left side, cross right over left, right stepping left to left side, cross right over left (6 o'clock)
右轉180度左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

第三段 Lunge Left, Step Full Turn Step, Rock Recover Side, Coaster Step
左曲膝, 踏 轉圈 踏, 下沉 回復 側踏, 海岸步

1-2 Rock left to left side, (lunge) Recover onto right
左足左下沉(曲膝踏), 右足回復

3&4 Cross left over right, unwind a full turn right, step left to left side
左足於右足前交叉踏, 右繞轉圈, 左足左踏

5&6 Rock back onto right, Recover onto left, Step right to right side
右足後下沉, 左足回復, 右足右踏

7&8 Step back onto left, step right beside left, step forward onto left (6 o'clock) 左足後踏, 右足併踏, 左足前踏(面向6點鐘)

第四段 Step, ¼, Rock, Recover, Sailor ½ Left, Rock Recover, Side, Together
踏 1/4, 下沉 回復, 轉水手, 下沉 回復, 側 併

1-2 Step forward onto right, ¼ turn right pointing left to left side
右足前踏, 右轉90度左足左點(面向9點鐘)

3-4 Press forward left, recover onto right sweeping left around to back on right 左足前壓踏, 右足回復左足繞至後

5&6 Make a ½ turn left stepping back onto left, Step right to side, step left to left side 左轉180度左足後踏, 右足右踏, 左足左踏(面向3點鐘)

7&8& Rock back onto right, Recover onto left, step right to right side, step left in place (3 o’clock)
右足後下沉, 左足回復, 右足右踏, 左足踏(面向3點鐘)
