



BroncoBeat

## ***I PROMISE U***

Choreographed by: Lesley Clark, Scotland (Oct 06)

**CD 2086-2**

Music: This I Promise You by Ronan Keating, Bring You Home

Descriptions: 32 Count - 4 wall line dance - Beginner/Intermediate level

[Intro 16 counts start on vocals](#)

### **ROCK, RECOVER, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FORWARD**

1-2 Rock forward on right, recover on left

3+4 ½ turn right shuffle over right shoulder on a right, left, right

5-6 ½ turn right stepping back on left foot, ½ turn right stepping forward on right

7+8 Shuffle forward left on a left, right, left

### **ROCK, RECOVER, STEP, CROSS, SIDE, BEHIND, SWAY, SWAY, BEHIND, SIDE, CROSS**

1+2 Rock forward on right, recover on left, step right to right side

3+4 Cross left over right, step right to right side, step left behind right

5-6 Sway right, sway left

7+8 Step right behind left, step left to left side, step right across left

### **SWAY, SWAY, SAILOR ¼ TURN, STEP PIVOT, RIGHT LOCK STEP**

1-2 Sway left, sway right

3+4 Sweep the left foot out to left side as you turn ¼ turn left stepping, left, right, left forward

5-6 Step forward on right, pivot ½ turn left

7+8 Step forward on right, step left next to right, step forward on right

### **MAMBO FORWARD, MAMBO STEP, ½ TURN, RIGHT LOCK STEP, STEP**

1+2 Rock forward on left, recover on right, step left next to right

3+4 Rock back on right, recover on left, step forward on right

5 pivot ½ turn left

6+7 Step forward on right, lock left behind right, step forward on right

8 Step forward on left

**Start Again..... Happy Dancing**