



NO PROMISES

Choreographed by:Shaz Walton April 06
Music:No Promises by Shayne Ward (90 BPM)
Descriptions:40 Count - 4 wall line dance - Intermediate level

CD 2056-2

Count in – 16 counts in- just before lyrics.

Step. Step ½ pivot. Step. Step ½ pivot. step. Rock ¼ turn. Cross. Side. Behind. Side.

1-2&3 Step forward on Right. Step forward left. Pivot ½ turn right. Step forward left.
4&5 Step forward on right. Pivot ½ turn left. Step forward right.
6& Make ¼ turn right as you rock left to left side. Recover on right.
7& Cross step left over right. Step right to right side.
8& Cross step left behind right. Step right to right side

Cross rock. Recover. Step. Cross rock. Recover. Step. Prissy walks x2. Mambo step. ½ turn right.

1-2& Cross rock left over right. Recover on right. Step left beside right.
3-4& Cross rock right over left. Recover on left. Step right beside left.
5-6 Cross walk left over right. Cross walk right over left (prissy walks)
7&8 Rock forward left. Recover on right. Step back on left.
& make ½ turn right, stepping right forward.

Spiral full turn. Step. Together. Step. Mambo sweep. Behind. Side. Cross rock. Recover. Step.

1 Step forward left as you make a full spiral turn right. Finish with right foot hooked.
2&3 Step right small step forward step left beside right, step right small step forward.
4&5 Rock forward left. Recover on right. Sweep left out & behind right.
6&7-8 Cross step left behind right. Step right to right side. Cross rock left over right.
Recover on right

Step. Cross. Unwind ¾ with sweep. Behind side cross. Step. Sway. Sway. Extended cross shuffle.

&1-2 Step left to left side. Cross step right over left. Unwind ¾ turn left sweeping left.
3&4 Cross step left behind. Step right to right side. Cross step left over right.
5-6 Step right to right as you sway right. Sway left.
7&8& cross step right over left. Step left to left. Cross step right over left. Step left to left. *R

Diamond sequence:

Cross. Back. Turn. Forward. Cross. Turn. Back. Forward. Cross. Turn. Turn. Coaster step

1-2&3 Cross step right over left. Step back on left. Step right 1/8 turn right. Step left forward. (R diagonal front)
4&5 Cross step right over left. Step back left making ¼ turn right. Step right to right side. (L diagonal back)
6&7 Step forward left. Cross step right over left. Make ¼ right stepping back left. (R diagonal back)
8&1 Make 1/8 right- (9 o clock) step back right. Step back left. Step forward right. (This being the first step of your new wall)



Restart: - happens during second repetition. Dance to the end of section 4* change extended cross shuffle for the following:

Cross. Step. Cross. Step. Cross. Hold. Step

1&2& cross step right over left. Step left to left side. Cross step right over left. Step left to left side.

3&4& cross step right over left. Step left to left side. Cross step right over left. Hold. Step left beside right.

Start the dance again from the beginning.

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