

# I Promise You

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** CRAIG BENNETT, ENGLAND (March 2009)

**Music:** This I promise you by Ronan Keating from album Bring You Home

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## **Side Behind Sweep, Behind Side Forward, Rock Recover $\frac{1}{4}$ , $\frac{1}{2}$ $\frac{1}{2}$ Cross**

1,2,3 Step right to right side, step left behind right, sweep right around and behind left  
4&5 Step right behind left, step left to left side, step forward onto right  
6&7 Rock forward onto left, Recover onto right, Make  $\frac{1}{4}$  turn left stepping left to left side  
8&1  $\frac{1}{2}$  turn left stepping right to right side,  $\frac{1}{2}$  turn left stepping left to left side, cross right over left

## **Back, Side, Forward, Rock Recover $\frac{1}{4}$ , $\frac{1}{2}$ Cross and Cross**

2-3,4 Step back onto left, Step right to right side, step forward onto left  
5&6 Rock forward onto right, Recover back onto left, Make a  $\frac{1}{4}$  turn right stepping right to right side  
7&8& Make  $\frac{1}{2}$  turn right stepping left to left side, cross right over left, step left to side, cross right over left

## **Lunge left, Cross Unwind full turn Step, Rock Recover Side (basic), Coaster Step**

1-2 Rock left to left side, (lunge) Recover onto right  
3&4 Cross left over right, unwind a full turn right, step left to left side  
5&6 Rock back onto right, Recover onto left, Step right to right side  
7&8 Step back onto left, Step right beside left, Step forward onto left

## **Step, $\frac{1}{4}$ with Point, Press, Recover/Sweep $\frac{1}{2}$ Turn, Modified Sailor Step, Rock Recover, Step Side, Together**

1-2 Step forward onto right, Make  $\frac{1}{4}$  turn right pointing left to left side  
3-4 Press forward left, recover onto right sweeping left around behind right making  $\frac{1}{2}$  turn left  
5&6 Step back onto left, Step right to right, Step left to left side (large step)  
7&8& Rock back onto right, Recover onto left, Step right to right side, Step left next to right

**START AGAIN AND ENJOY!**