

PROMISE THIS

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Music Cheryl Cole from album "messy little raindrops"

DESCRIPTION: 62 COUNT BEGINNER LEVEL LINE DANCE - A B C A B C A B C - ONE WALL (move your body)

Start the dance on vocals (In my beginning)

Section A Shuffle forward right, scuff left forward, shuffle forward left scuff right forward

1 – 4 Step forward right, close left beside right, step forward right, scuff left forward

5 – 8 Step forward left, close right beside left, step forward left, scuff right forward

Step backward diagonal right touch toe left, step backward diagonal left touch toe right.

1 – 2 step diagonal backward right, touch left toe next to right

3 – 4 step diagonal backward left, touch right toe next left

5 – 6 step diagonal backward right, touch left toe next to right

7 – 8 step diagonal backward left, touch right toe next left

Cross right, cross left , cross right, ½ turn left step right cross left ½ turn left step back left

1 –4 cross right over left, cross left over right,

5-8 Cross right over ½ turn left , step forward right, cross left over right ½ turn left, step back on left

Step backward diagonal right touch toe left, step backward diagonal left touch toe right slide and touches

1 – 2 step diagonal backward right, touch left toe next to right

3 – 4 step diagonal backward left, touch right toe next left

5 – 6 step diagonal backward right, touch left toe next to right

7 – 8 step diagonal backward left, touch right toe next left

Close, and cross your hand, slide and open your arms, close and cross your hand, hold

(As she sings cover me please, spread your wing, cover me, and.)

1– 2 Slide both feet to the sides as you open your arms out (like spreading your wings)

3-4 close both feet together as you cross your hand in front and hold your arms (as if covering you with the wings)

5 – 6 Slide both feet to the sides as you open your arms out (like spreading your wings)

7- 8 Close both feet together as you cross your hand in front and hold your arms (as if covering you with the wings

) Hold for 1 count, as she says (and)

Section B Promise this : Grapevine right scuff left, grapevine left right scuff

1 – 4 step right to right side, cross left behind right, step right to right side scuff left

5 – 8 step right to right side, cross left behind right, step right to right side scuff left

Step backward diagonal right touch toe left, step backward diagonal left touch toe right slide and touches

1 – 2 step diagonal backward right, touch left toe next to right

3 – 4 step diagonal backward left, touch right toe next left

5 – 6 step diagonal backward right, touch left toe next to right

7 – 8 step diagonal backward left, touch right toe next left

Section C: Alouette uette uette : Side steps right, side touch steps left, left touch turn s ¼ pivots

1 – 4 Step right to right side, touch left next to right, step right to right side, touch left next to right

5 – 8 Step left to left side, touch right next to left, step left to left side touch right next to left

9 –12 Step right to right side, touch left next to right, Step left to left side, touch right next to left

13- 16 step forward ¼ turn left, touch left toe next to right, step forward ¼ turn left, touch right toe next to left

Repeat 1 to 16 (move your body and your hands like the video song)

<http://www.youtube.com/watch?v=8F1q0Vn4u4g>

Finish the dance with some body movements on the spot.