



Dance: **I Promise**
Type: 32 Count, 2 Wall, Beginner
Choreographer: Micaela Svensson Erlandsson (SWE), September 2019
Choreographed to: This I Promise You by Ronan Keating (84 bpm, 3:53 min)

Intro: Start after count 32

Section 1	Walk x 2, Mambo Step, Walk Back x 2, Mambo Cross	
1,2	Walk forward stepping right, left	Walk, walk
3&4	Rock forward on right. Recover on left. Step right beside left	Mambo step
5,6	Walk back stepping left, right	Back, back
7&8	Rock back on left. Recover on right. Cross left over right	Mambo cross
Section 2	(Side Rock, Cross Shuffle) x 2	
1,2	Rock to side on right. Recover on left	Side rock
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6	Rock to side on left. Recover on right	Side rock
7&8#*	Cross left over right. Step right to right side. Cross left over right	Cross shuffle
Section 3	Modified Rumba Box	
1,2	Step right to right side. Step left beside right	Side, close
3&4	Step right forward. Step left beside right. Step right forward	Right shuffle
5,6	Step left to left side. Step right beside left	Side, close
7&8	Step left back. Step right beside left. Step left back	Back shuffle
Section 4	Walk Back x 2, Coaster Step, Step Pivot 1/2, Left Shuffle	
1,2	Walk back stepping right, left	Back, back
3&4	Step right back. Step left beside right. Step right forward	Coaster step
5,6	Step left forward. Pivot 1/2 turn right (6:00)	Step, pivot
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
Tag	# Wall 9 (12:00) after 16 Counts (facing 12:00)	
	Sway x 2	
1,2	Step right to right side and sway right. Sway left	Sway, sway
Restart	* Wall 9 after Tag	
