

No Promises - Easy

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Lene Mainz Pedersen (DK) October 2018

Music: "Promises" by Calvin Harris ft. Sam Smith.. Buy on iTunes..

(intro: 64 counts)

[1-8] WALK BACK R+L, COASTER, WALK FWD L+R, LOCK STEP FWD

1 – 2 Step R back, Step L back
3 & 4 Step R back, Step L beside R, Step R fwd
5 - 6 Step L fwd, Step R fwd
7 & 8 Step L fwd, Lock R behind L, Step L fwd

[9-16] ROCKING CHAIR, STEP R, HOLD, BALL STEP R, POINT L

1 – 4 Rock fwd on R, Recover on L, Rock back on R, Recover on L *** Tag & Restart ***
5 - 6 Step R to R side, HOLD
&7 - 8 Step L beside R, Step R to R side, Point L to L

[17-24] 1/4 L, 1/2 L, CHASSE 1/4 L, JAZZ 1/4 R, CROSS L

1 - 2 Turn ¼ L step L fwd, Turn ½ L step back on R (3:00)
3 & 4 Turn ¼ L Step L to L side, Step R beside L, Step L to L side (12:00)
5 – 8 Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Cross L in front of R (3:00)

[25-32] STEP R, STEP L TOGETHER, SHUFFLE FWD, STEP L, STEP R TOGETHER, SHUFFLE BACK

1 - 2 Step R to R side, Step L beside R
3 & 4 Step R fwd, Step L beside R, Step R fwd
5 - 6 Step L to L side, Step R beside L
7 & 8 Step back on L, Step R beside L, Step back on L

TAGS: 2 EASY TAGS: Wall 5 & 10 (12:00) after 12 Counts (after Rocking Chair) – Jazz box, Cross (12:00)

1 – 4 Cross R in front of L, Step back on L, Step R to R side, Cross L in front of R

ENDING: Wall 13 (6:00) after 12 Counts (after Rocking Chair) – Step 1/2 turn L, Step R fwd

1 – 4 Step fwd on R, Turn ½ L recover on L, Step R fwd, raise your arms and SMILE ☐

Contact: lene.m@privat.dk - www.happylinedanceherning.dk