

My Promised Land

Count: 32

Wall: 4

Level: Beginner

Choreographer: Kim Liebsch (Denmark) Dec. 2015

Music: Promised Land by Omi

Intro: 32 counts after 1st beat(appr. 15 seconds) Start with weight on L foot

Ending: Step ½ L turn to face 12:00

(If video is not available, contact me on e-mail: liebsch@ymail.com)

#1 section: Rock recover, shuffle back, back rock, shuffle fw.

1-2 Rock fw. on R, recover on L 12:00
3&4 Step back on R, step L next to R, step back on R 12:00
5-6 Rock back on L, recover on R 12:00
7&8 Step fw. on L, step R next to L, step fw. on L 12:00

#2 section: Walk full circle L, cross rock chasse´

1-4 Walk a full circle L stepping R-L-R-L 12:00
5-6 Cross R over L, recover on L 12:00
7&8 Step R to R side, close L beside R, step R to R side 12:00

#3 section: Walk full circle R, chasse´ ¼ turn

1-4 Walk a full circle R stepping L-R-L-R 12:00
5-6 Cross L over R, recover on R 12:00
7&8 Make ¼ turn L stepping fw. on L, close R beside L, step fw. on L 9:00

#4 section: Rocking chair, step ½ turn, kick ball step

1-2 Rock fw. on R, recover on L 9:00
3-4 Rock back on R, recover on L 9:00
5-6 Step fw. on R make ½ turn L stepping fw. on L 3:00
7&8 Kick R fw. step R next to L, step fw. on L 3:00

Good Luck & N´joy!