

# A' Vow & A Promise To You

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**Count:** 32      **Wall:** 4      **Level:** Improver - Cha Cha

**Choreographer:** Peter Davenport (June 2013)

**Music:** This I Promise You - Lisa Mchugh, Album: Dreams Come To Life

**16 Count Intro, Start on the words "My Love" aprox 11 seconds. Track Length 4.03**

**This dance is dedicated to my Best Friend**

**Step R.L, Spiral Full Turn, Forward Shuffle, Rock Replace, Shuffle Back**

**1,2,3**      Step forward on R, Cross Lover R, Spiral full turn R, (weight on L) 12

**(for styling purpose try to extenuate the spiral making it flow through)**

**4&5**      Shuffle forward R.L.R (cha cha style) 12

**6,7**      Rock forward on L, Recover on R 12

**8&1**      Shuffle back L.R.L (cha cha style) 12

**Back Together, Rock & Cross, Side Behind, Shuffle ¼ L**

**2,3**      Step back on R, Bring L to R 12

**4&5**      Rock R out to R side, Recover on L, Cross R over L 12

**6,7**      Step L to L side, Cross R behind L 12

**8&1**      Shuffle ¼ L (cha cha style) 9

**Step ½ Turn L, Shuffle ½ L, Step ¼ L, Cross, Rock & Cross**

**2,3**      Step forward on R, Pivot ½ L (weight on L) 3

**4&5**      Shuffle round ½ L, R.L.R (weights back on R) 3

**6,7**      Make ¼ L step L out to L side, Cross R over L 6

**8&1**      Rock L out to L side, Recover on R, Cross L over R 6

**Side Together, Chasse R, Rock Replace, ¼ Turn Step**

**2,3**      Step R to R side, Bring L to R 6

**4&5**      Chasse R (cha cha style) 6

**6,7**      Cross rock L over R, Recover on R 6

**8**      Make ¼ L stepping on L 3

**Contact - Email:- peterdavenport@hotmail.com**

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