

# I Promise You

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**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Judy Rodgers (USA) August 2017

**Music:** This I Promise You by Nsync.....amazon.com

## #32 count intro (will be 2 counts before the vocals)

### S1: Cross, turn 1/4 R, step lock step, turn 1/4 L point hold, sailor turn 5/8 R

- 1-2      Cross R over L, turn 1/4 right step L back - 3:00
- 3&4      Step R back, lock L over R, step R back
- &5-6      Turn 1/4 left step L to left side (turn upper body diag left), point R to right side, hold - 12:00
- 7&8      Sweep/turn 5/8 right step R behind L, step L to left side, step R to right fwd diagonal - 7:30

### S2: Rock recover back, back turn 3/8 L, turn 1/2 L, turn 1/2 L, rock recover turn 1/4 R

- 1&2      Rock L fwd, recover R, step L back (still on diagonal)
- 3-4      Step R back, turn 3/8 step L fwd 3:00
- 5-6      Turn 1/2 left step R back, turn 1/2 left step L fwd
- 7&8      Rock R fwd, recover L, turn 1/4 right step R to side - 6:00

### S3: Cross rock & cross turn 1/4 R, coaster step, step, point

- 1-2&      Cross rock L over R, recover R, step L to left side
- 3-4      Cross rock R over L, turn 1/4 right step L back - 9:00
- 5&6      Step R back, step L beside R, step R fwd
- 7-8      Step L fwd, point R to right side

### \*\*Restart Wall 8 (wall 8 starts 3:00, restarts -12:00)

### S4: Sweep sailor turn 1/2 R, rock recover, step turn 1/2 R, shuffle

- 1&2      Sweep turn 1/2 R step R behind L, step L to left side, step R slightly fwd - 3:00
- 3-4      Rock L fwd, recover R
- 5-6      Step L back, turn 1/2 right step R fwd - 9:00
- 7&8      Step L fwd, step R beside L, step L fwd

**One Tag danced 2 times:**

**Add the following 4 cnts after Wall 3 (starts 6:00, ends 3:00) and Wall 6 (starts 9:00 ends 6:00):**

**1-4**      Sway R, L, R, L

**One Restart: on Wall 8 (starts 3:00) dance 24 counts and restart at 12:00**

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