

# I Promise

**Count:** 32    **Wall:** 2    **Level:** Beginner

**Choreographer:** Micaela Svensson Erlandsson, SWE, September 2019

**Music:** This I Promise You by Ronan Keating,



**Intro: 32 counts.**

**Easy Tag + Restart: Wall 9, facing 12 O'clock (Sway right. Sway left.) Then start over.**

**Section 1: Walk. Walk. Mambo Step. Back. Back. Mambo Cross.**

1-2                    Walk forward on right. Walk forward on left.  
3&4                   Rock forward on right. Recover onto left. Step back on right.  
5-6                   Step back on left. Step back on right.  
7&8                   Rock back on left. Recover onto right. Step Cross left over right.

**Section 2: Right Rock. Cross Shuffle. Left Rock. Cross Shuffle.**

1-2                    Rock right to right side. Recover onto left.  
3&4                   Cross right over left. Step left to left side. Cross right over left.  
5-6                   Rock left to left side. Recover onto right.  
7&8                   Cross left over right. Step right to right side. Cross left over right.

**Easy Tag (& Restart) here: On wall 9 (Facing 12 O'clock) Sway right. Sway left & Restart**

**Section 3: Side. Together. Forward Shuffle. Side. Together. Back Shuffle.**

1-2                    Step Right to right side. Close left beside right taking weight.  
3&4                   Step forward on right. Close left beside right. Step forward on right.  
5-6                   Step left to left side. Close right beside left taking weight.  
7&8                   Step back on left. Close right beside left. Step back on left.

**Section 4: Back. Back. Coaster Step. Step ½ Turn Right. Forward Shuffle**

1-2                    Walk back on right. Walk back on left.  
3&4                   Step back on right. Close left beside right. Step forward on right.  
5-6                   Step forward on left. Turn ½ right.  
7&8                   Step forward on left. Close right beside left. Step forward on left.

**Tag : Sway. Sway**

1-2                    Sway right. Sway left