



Promised

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Description : 32 temps, 4 murs, Novice, Novembre 2015

Musique : Promised Land par OMI

Introduction: 32 counts, start on approx. 16 sec. (No Tags or Restarts).

Part I. [1-8] Toe Strut Across, Kick ball Cross, $\frac{1}{4}$ L, Back, $\frac{1}{4}$ L, Side, Cross & Cross.

1-2 Step L across R on toe, Step L back in place.

3&4 Kick R diagonal forward, Step R back in place, Step L across R.

5-6 Making $\frac{1}{4}$ turn L (9) step R back, Making $\frac{1}{4}$ turn L (6) step L to L.

7&8 Step R across L, Step L slightly to L, Step R to R.

PART II. [9-16] $\frac{1}{8}$ L, Step, Kick, Side, Kick Diag, Behind, $\frac{1}{8}$ R, Cross & Cross.

1-4 Making $\frac{1}{8}$ turn L (4.30) step L fwd, Kick R fwd, Making $\frac{1}{8}$ turn R (6) step R to R, Kick L fwd

5-6 Step L behind R, Step R to R.

7&8 Step L across R, Step R slightly to R, Step R to R.

PART III. [17-24] Side, Hold, Sailor Step, Sailor Turn $\frac{1}{4}$ L, Sailor Turn Across $\frac{1}{4}$ L.

1-2 Step R to R, Hold.

3&4 Step L behind R, Step R to R, Step L to L.

5&6 Step R behind L, Making $\frac{1}{4}$ turn L (3) step L to L, Step R forward.

7&8 Step L behind R, Making $\frac{1}{4}$ turn L (12) step R to R, Step L across R.

PART IV. [25-32] Back Jump Diag, Hold, Side Jump, $\frac{1}{8}$ L, Back Jump Diag, Full Turn L, $\frac{1}{8}$ L, Side.

&1-2 Jump R back diagonal, Touch L next to R, Hold (facing 12 o`clock).

&3 Jump L to L, Touch R next to L (facing 12 o`clock).

&4 Making $\frac{1}{8}$ turn L (10.30) jump R Back, Touch L next to R.

5-6 At (10.30) step L forward, Making $\frac{1}{2}$ turn L (4.30) step R back.

7-8 Making $\frac{1}{2}$ turn L (10.30) step L forward, Making $\frac{1}{8}$ L turn L (9) step R to R.

Recommencez... souriez

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