



## This I Promise You

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**Email:** jim@kallingkline.com; **Released:** March 2016

**Record:** Ronan Keating; Bring You Home CD; D/L available

**Time/Speed:** 3:33 @ 109%; Adjust speed to suit

**Rhythm:** Slow Two Step; Phase IV+1+1 (Triple Traveler, The Square); **Diff.:** Average

**Footwork:** Opposite unless noted (Woman's footwork in parenthesis)

**Sequence:** INTO, A, B, A, B (1-14), END

### INTRODUCTION

#### 1-4 (CUDDLE POSITION FCG WALL) WAIT 2 ;; HIP ROCKS 2X (LCP) ;;

- 1-2 Cuddle Position Fcg Wall Wait 2 measures ;;
- 3-4 Sd L,-, rec R, sd L; Sd R,-, rec L, sd R blending to Loose CP;

### PART A

#### 1-2 SIDE BASIC ; REV UNDERARM TRN TO WRAP (LOD) ;

- 1-2 Sd L, -, XRIB (XLIB), rec L ; Sd R leading W to wrap LF under lead arms, -, bk L, rec R (W sd L,-, comm LF trn undr jnd lead hnds XRIFL cont LF trn, fwd L) to wrapped pos LOD;

#### 3-4 SWEETHEART RUN 3 ; PU TO LOW BFLY ;

- 3-4 In wrapped pos fwd L,-, fwd R, fwd L; fwd R,-, fwd L, fwd R (W comm LF trn fwd L,-, trng LF to fc ptr sd & bk R, bk L) to end low BFLY LOD;

#### 5-8 TRAVELING CROSS CHASSES TWICE ;;; TO FC WALL ;

- 5-6 fwd L LOD blending to R shldr ld, -, sd & fwd R DLW, XLIF (Bk R blend to L shldr lead, -, bk & sd L DLW, XRIF); trng LF fwd R LOD blending to L shldr ld, -, sd & fwd L DLC, XRIF (Bk L blend to R shldr lead, -, bk & sd R DLC, XLIF);
- 7-8 fwd L LOD blending to R shldr ld, -, sd & fwd R DLW, XLIF (Bk R blend to L shldr lead, -, bk & sd L DLW, XRIF); trng LF fwd R LOD blending to L shldr ld, -, sd & fwd L DLC, XRIF (Bk L blend to R shldr lead, -, bk & sd R DLC, XLIF) end fcg WALL in BFLY ;;

#### 9-12 BASIC ;; RIGHT TURN W/ OUTSIDE ROLL ; BASIC ENDING ;

- 9-10 Sd L, -, XRIBL (XLIBR), rec L; Sd R, -, XLIBR (XRIBL), rec R;
- 11-12 Crossng in front of W sd & bk L to fc RLOD, -, sd & bk R almost crossing in bk trng ¼ RF ldg W undr jnd ld hnds, XLIFR to fc ptr & COH (Fwd R comm RF twrl undr ld hnds, -, fwd L, fwd & sd R to fc ptr & WALL); Sd R, -, XLIBR (XRIBL), rec on R;

#### 13-14 LEFT TURN W/ INSIDE ROLL ; BASIC ENDING ;

- 13-14 Comm LF trn brng W in frnt sd & fwd L fc RLOD, -, cont LF trn sd R brng ld hnds thru, XLIF to fc ptr & WALL (Bk R trng LF, -, cont LF trn sd & bk L, cont LF trn bk & sd R) ; Sd R, -, XLIB, rec R to CP WALL ;

#### 15-16 OPEN BASICS TO ½ OPEN ;;

- 15-16 Stp sd L & op bdy to ½ LOP RLOD, -, XRIB (XLIB), rec L to end fcg ptr ; Stp sd R & op bdy to ½ OP LOD, -, XLIB (XRIB), rec R staying in ½ OP LOD;

## PART B

### 1-4 THE SQUARE ;;;

- 1-2 fwd L trng RF moving in front of W,-, sd R twd COH, XLIF (W fwd R,-, sd L twd COH, XRIF) to end in left ½ OP fcg COH; fwd R,-, sd L twd RLOD, XRIF (W fwd L trng RF moving in front of M,-, sd R twd RLOD, XLIF) to end in ½ OP fcg RLOD;
- 3-4 fwd L trng RF moving in front of W,-, sd R twd WALL, XLIF (W fwd R,-, sd L twd WALL, XRIF) to end in left ½ OP fcg WALL; fwd R,-, sd L twd LOD, XRIF (W fwd L trng RF moving in front of M,-, sd R twd LOD, XLIF) to end in BFLY/WALL;

### 5-6 UNDERARM TURN TO LARIAT 3 MAN FC LOD ;;

- 5-6 Sd L,-, XRIB of L leading W to trn RF undr jnd lead hnds, rec L (W sd R,-, XLIF of R trng 1/2 RF undr jnd lead hnds, cont RF trn sd & fwd R moving twd M's R sd); With lead hnds jnd sd R,-, rec L, sd R trng ¼ LF to fc LOD(W fwd L,-, fwd R, fwd L moving CW arnd M on his R sd to fc LOD) end LOP both fc LOD with lead hnds jnd;

### 7-8 FORWARD TO AN OUTSIDE ROLL ; BASIC ENDING ;

- 7-8 Fwd L lowering jnd lead hnds,-, sd & fwd R trng sl LF raising jnd lead hand to lead W to trn RF undr jnd hnds, XLIF of R trng LF lower jnd lead hnds (W fwd R comm RF roll undr jnd lead hnds,-, cont RF roll fwd L, sd R to fc ptr); Sd R, -, XLIBR (XRIBL), rec on R;

### 9-12 TRIPLE TRAVELER ;;; BASIC ENDING ;

- 9-10 To LOD fwd L,-, fwd R, fwd L (W bk R trng LF,-, sd L trn under jnd ld hnds, cont LF trn on R to fc LOD); fwd R spiraling LF under jnd ld hnds,-, fwd L, fwd R (W fwd L,-, fwd R, fwd L);
- 11-12 Fwd L bringing jnd hnds down & bk to ld W into a RF trn,-, fwd & sd R to fc WALL, XLIF (W fwd R comm RF trn,-, sd L cont RF trn under jnd ld hnds, fwd R to fc ptr); Sd R, -, XLIBR (XRIBL), rec on R;

### 13-16 BASIC ;; LUNGE BASICS ;;

- 13-14 Sd L, -, XRIBL (XLIBR), rec L; Sd R, -, XLIBR (XRIBL), rec R;
- 15-16 Lunge sd L extend L arms & look LOD, - rec R, lower arms XLIF ; lunge sd R extend R arms & look RLOD, - , rec L, lower arms XRIF ;

## END

### 1-4 LUNGE BASICS ;; UNDERARM TURN ; BASIC ENDING ;

- 1-2 Lunge sd L extend L arms & look LOD, - rec R, lower arms XLIF ; lunge sd R extend R arms & look RLOD, - , rec L, lower arms XRIF ;
- 3-4 Sd L raisg jn ld hnds palm-to-palm, -, XRIB, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr) to CP; Sd R, -, XLIBR (XRIBL), rec on R;

### 5-6 (SLOWING DOWN) SD DRAW TCH L ; SD DRAW TCH R & HOLD ;

- 5-6 slower in LCP WALL sd L,-, drw R to L, tch R ; sd R,-, drw L to R, tch L and hold;

### 7-10 SIDE BASIC ; REV UNDERARM TURN ; LUNGE BASICS ;;

- 7-8 Sd L, -, XRIB (XLIB), rec L ; sd R retaining dbl hndhold, -, XLIFR, rec R trng ¼ LF (Sd L comm LF trn undr jnd ld hnds, -, X R ovr L cont trng LF, rec fwd on L comp ¾ trn) to wrapped LOD;
- 9-10 Lunge sd L extend L arms & look LOD, - rec R, lower arms XLIF ; lunge sd R extend R arms & look RLOD, - , rec L, lower arms XRIF ;

### 11-12 (SLOWING DOWN) SD TO PROM SWAY ; CHANGE TO OVERSWAY ;

- 1-2 slower sd & fwd L to SCP stretching L sd to look over jnd lead hnds,-,-,-; Relaxing L knee leaving R leg Extended and stretching L sd of body looking to RDW,-,-,-;