



# No Promises - Easy

**Count:** 32

**Wall:** 2

**Level:** High Beginner

**Choreographer:** Lene Mainz Pedersen (DK) Oct. 2018

**Music:** "Promises" by Calvin Harris ft. Sam Smith.. Buy on iTunes..

(intro: 64 counts)

## [1-8] WALK BACK R+L, COASTER, WALK FWD L+R, LOCK STEP FWD

1 – 2 Step R back, Step L back  
3 & 4 Step R back, Step L beside R, Step R fwd  
5 - 6 Step L fwd, Step R fwd  
7 & 8 Step L fwd, Lock R behind L, Step L fwd

## [9-16] ROCKING CHAIR, STEP R, HOLD, BALL STEP R, POINT L

1 – 4 Rock fwd on R, Recover on L, Rock back on R, Recover on L \*\*\* Tag & Restart \*\*\*  
5 - 6 Step R to R side, HOLD  
&7 - 8 Step L beside R, Step R to R side, Point L to L

## [17-24] 1/4 L, 1/2 L, CHASSE 1/4 L, JAZZ 1/4 R, CROSS L

1 - 2 Turn ¼ L step L fwd, Turn ½ L step back on R (3:00)  
3 & 4 Turn ¼ L Step L to L side, Step R beside L, Step L to L side (12:00)  
5 – 8 Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Cross L in front of R (3:00)

## [25-32] STEP R, STEP L TOGETHER, SHUFFLE FWD, STEP L, STEP R TOGETHER, SHUFFLE BACK

1 - 2 Step R to R side, Step L beside R  
3 & 4 Step R fwd, Step L beside R, Step R fwd  
5 - 6 Step L to L side, Step R beside L  
7 & 8 Step back on L, Step R beside L, Step back on L

## 2 EASY TAGS: Wall 5 & 10 (12:00) after 14 Counts (after Rocking Chair) – Jazz box, Cross (12:00)

1 – 4 Cross R in front of L, Step back on L, Step R to R side, Cross L in front of R

## ENDING: Wall 13 (6:00) after 14 Counts (after Rocking Chair) – Step 1/2 turn L, Step R fwd

1 – 4 Step fwd on R, Turn ½ L recover on L, Step R fwd, raise your arms and SMILE ☺

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