

THE PROMISE

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MUSIC: Casaphon Ballroom Flow - Aldo Capicchioni "The Promise" - Track 2

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SEQUENCE: Intro, A, B, C, A, B, C, Ending **SPEED:** 28 MPM as on CD **RELEASED:** October 2019

RHYTHM: Waltz **PHASE:** VI **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

- 1 - 4 CROSS HOVER & HOLD; w/R ARM SWEEP; CROSS HOVER & HOLD; w/L ARM SWEEP;**
-- - Wait 2 piano notes 2-3 feet apart arms down at sides both standing on R ft in line with each other or on the same board w/M FCING DRW L ft pointed sd & bk twd LOD and W FCING DLC L ft pointed twd RLOD as in an OPEN SDCR POS,, **NOTE:** Same footwork for first 5 measures until M's transition.
- 123 1 - Fwd & across L RLOD (LOD) crossing arms in front, sd & fwd R trng ¼ LF extending arms out to side, rec L to fc DLW (DRC);
-- 2 - Hold position as you take L arm down to side & sweep R arm twd ptr and then up & back to end back out to side;
- 123 3 - Fwd & across R LOD (RLOD) crossing arms in front, sd & fwd L trng ¼ RF extending arms out to side, rec R to fc DRW (DLC);
-- 4 - Hold position as you take R arm down to side & sweep L arm twd ptr and then up & back to end out to side;
- 5 - 8 CROSS HOVER M SYNC; TO BOLERO WHEEL SYNC IN 5; WHEEL 3 TO DRC M CHECK; HESITATION CHANGE;**
- 123& 5 - Fwd & across L RLOD (LOD) crossing arms in front, sd & fwd R trng ¼ LF extending arms out to side, (123) rec L to fc DLW (DRC)/fwd R DLW; **NOTE:** Now opposite footwork.
- 12&3& 6 - Fwd L taking R hand around W's waist & W taking R hand to M's L shoulder blending to BOLERO POS DLW comm CW RF wheel fwd R/L, R/L;
- 123 7 - Cont RF wheel fwd R, L, R completing 1 ½ CW wheel still in BOLERO POS to end with M checking twd DRC;
- 12- 8 - Bk L DLW comm RF trn, cont RF trn sd & fwd R toe pting DLC join lead hands, draw L to R to end CP DLC;

PART A

- 1 - 4 TELESPIN BUT; SHAPE A SAME FOOT LUNGE LINE; & FINISH TO SEMI; IN & OUT RUN;**
- 12- 1 - Fwd L comm LF trn, fwd & sd R past ptr cont LF trn (cl L heel turn), point L sd & slightly bk L LOD to face (123) DRW (fwd R LOD head closed to L);
-- 2 - Lower on R allowing L ft to slide sd & slightly bk to LOD, turning body slightly RF from L hip, stretching R sd to open W's head to R M's head to L (lower on R allowing L ft to slide fwd to LOD head still to L, allow M to chg sway, head to R) now in Same Foot Lunge Line M FCING WALL;
- 123 3 - Trng LF thru hip & upper body to lead W fwd/fwd L DLC cont LF trn to CP, fwd & sd R past ptr cont LF trn, (&123) sd & fwd L (fwd L heel lead moving around the M on his L side/fwd & sd R trng LF square to M at end of step, cl L to R toe trn, sd & fwd R) to SCP DLW;
4 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to BJO DRC;
- 5 - 8 END DLC; VIENNESE CROSS; OPEN FINISH; CHANGE OF DIRECTION;**
- 5 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet, w/L sd leading sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;
- 123& 6 - Thru R, fwd L comm LF trn, fwd & sd R cont LF trn/cont trng LF XLIF of R (cl R to L) to end CP DRC;
7 - Cont LF trn bk R LOD, trng LF sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;
- 12- 8 - Fwd L DLW, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;
- 9-12 DOUBLE REVERSE LOD TO; CHECKED REVERSE HOLD; & MANEUVER; SPIN & TWIST;**
- 12- 9 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R completing full trn to CP DLC (bk R (12&3) comm LF trn, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R completing full LF trn) to CP LOD;
- 12-& 10 - Fwd L LOD, fwd & sd R w/R sd leading, hold/trng RF on R bk L (bk R, cl L to R heel trn checked, hold/trng RF fwd R) to CP DLW;
- 11 - Fwd R between W's feet cont RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
- 12 - Bk L pivot 3/8 RF, fwd R LOD cont RF trn, fwd & sd well around W (heel turn) to CP DRW;

PART A (Con't)**13-16 END CP DRW; BACK LEFT TIPPLE CHASSE PIVOT; RISING LOCK; DRAG HESITATION;**

- 23 13 - XRIB of L to fc RLOD/twist full turn to R mainly on the balls of feet, to end w/weight on R in CP DRW, bk & (&123) sd L (fwd L LOD/fwd R, L around M brush R to L to CP, fwd & sd R) to CP DRW;
- 12&3 14 - Bk R DLC comm LF trn, cont LF trn w/L sway to open W's head sd L toe pointing LOD/cl R to L then lose sway, cont slight LF trn sd & fwd L DLC pivot 3/8 LF to CP RLOD (head now to L);
- 15 - Bk R comm LF, cont LF trn bk & sd L, cont LF trn XRIB of L to CP LOD;
- 12- 16 - Fwd L LOD comm LF trn, fwd & sd R cont LF trn, cont to slightly rotate LF drawing L to R to BJO DRC;

PART B**1 - 4 OUTSIDE SPIN TO; RIGHT TURNING LOCK SEMI; QUICK OPEN REVERSE; HOVER CORTE;**

- 1 - Using strong RF rotation small bk L toe turned in, fwd R around W heel lead rising to toe cont RF trn, cont RF trn bk & slightly sd L (fwd R around M, cl L to R for toe spin, fwd R between M's feet) to CP RLOD;
- 1&23 2 - Bk R LOD with R sd leading/XLIF of R cont RF rotation hips almost COH, still trng RF sd & slightly fwd R between W's feet rise to CP trng RF, sd & fwd L to SCP DLC;
- 12&3 3 - Thru R, fwd L trng LF to CP/cont LF trn sd & bk R, bk L to BJO DRC;
- 4 - Bk R LOD comm LF trn, bk & sd L rising w/slight LF trn, sd & bk R to BJO DLW;

5 - 8 ROYAL SPIN TO; NAT PREP FC COH; SLOW SAME FOOT LUNGE; SLOW CHANGE SWAY;

- 123 5 - Small step bk L toe to R heel trng RF, cont RF trn fwd R outsd ptr, cont RF trn fwd L (strong step fwd R (1--)) outside & around ptr, lifting L leg from hip first w/straight leg & then bending knee L ft curls in small CW ronde up, then down to touch L to R) completing 1 full RF trn to end BJO DLW;
- 12- 6 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn to fc COH, w/L sd leading touch R to L (bk L comm RF trn, (123) cl R to L heel turn, swiveling slightly RF on R small sd & bk L in prep position head open to R looking RLOD);
- 1-- 7 - Lower on L with slight L sway/reach sd R toe pting DLC, cont to transfer all weight to R w/soft knee, stretch upward and sway R (XRIB of L well underneath body keeping wgt off heel allow M to turn your head well to L);
- 8 - Using the whole meas slowly change sway by turning body slightly RF from L hip stretching R sd to open W's head to R M's head to L;

9-12 RECOVER SWIVEL LADY TO A SLOW; OPEN HINGE LINE; & CURVE FEATHER; BACK TO RISING LOCK SYNC TO CP;

- 1-- 9 - Rec L, trng W LF to CP DRC, place W's lead hand on your L shoulder as you slowly comm to relax L knee (rec L/swing R leg fwd, swvl 1/4 LF on L, bring R foot down & comm to slide it fwd);
- 10 - Cont to relax L knee & extend the line through meas w/slight sway R as you both extend L arms out to sd looking twd and over W (head now well to L & R foot pointed LOD);
- 123 11 - Rotate RF leading W fwd in front of you (fwd R trng RF square to M)/fwd R LOD between W's feet cont (&123) RF trn, fwd L twd WALL, cont RF trn fwd R outsd ptr to BJO DRW w/L arms still extended out to sd;
- 123& 12 - Bk L, bk R comm LF, cont LF trn bk & sd L re-joining lead hands/cont LF trn XRIB of L to CP DLC;

13-16 OPEN REV TURN; BK TRN RIPPLE CHASSE TO SEMI; CHAIR & SLIP; DOUBLE REV DLW;

- 13 - Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (fwd R outsd ptr) to BJO DRC;
- 12&3 14 - Bk R trng LF, cont LF trn stretch L sd to briefly look twd but over W (head to L) sd & fwd L/cl R to L, correct sway sd & fwd L to SCP LOD;
- 15 - Lower in L knee lunge fwd R w/fwd poise, rec L comm LF trn rise thru body trng W square, bk R to CP DLC;
- 12- 16 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn/ (12&3) cont LF trn sd & slightly bk R, XLIF of R) to CP DLW;

PART C**1 - 4 HOVER; WEAWE 6; TO SEMI; THRU CHASSE TO BANJO;**

- 1 - Fwd L DLW, sd & slightly fwd R cont rising brush L twd R, sd & fwd L to SCP DLC;
- 2 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to BJO DRC;
- 3 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont slight LF trn sd & fwd L to SCP DLW;
- 12&3 4 - Thru R, sd & fwd L trng W square/cl R to L, sd & fwd L to BJO DLW;

PART C (Con't)**5 - 8 CLOSED WING; TELEMARK TO SEMI; OPEN NATURAL; * HESITATION CHANGE ***

- 1-- 5 - Fwd R LOD, then trng LF lead W, over to your left side (bk L, trng LF sd & slightly bk R moving across in front of M, small fwd L checking outside ptr) to end in SDCR POS M FCING DLC;
- (123) 6 - Fwd L DLC outside ptr, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
- 7 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to BJO DRC;
- 12- 8 - Bk L DLW comm RF trn, cont RF trn sd & fwd R toe pointing DLC, draw L to R to end CP DLC;
- * 2nd time can be cued **Hesitation Change w/Sway** to end with w/L sway twd DRC (head to R) for Ending.

PART A**PART B****PART C****ENDING****1+ SLOW CONTRA CHECK & EXTEND;,,**

- 1---- 1 - Lower keeping hips up to ptr fwd L DLC in contra body movement w/R sd leading and continue bringing R sd thru to extend over meas looking twd but over W (head to R to start then slowly taking head well to L);,,

NOTE: Timing is standard 123 unless noted on side by the measure and refers to actual weight changes.