

# A' Vow & A Promise To You

**Count:** 32    **Wall:** 4    **Level:** Improver - Cha Cha

**Choreographer:** Peter Davenport (June 2013)

**Music:** This I Promise You - Lisa Mchugh, Album: Dreams Come To Life

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**16 Count Intro, Start on the words "My Love" aprox 11 seconds. Track Length 4.03**  
**This dance is dedicated to my Best Friend**

## **Step R.L, Spiral Full Turn, Forward Shuffle, Rock Replace, Shuffle Back**

1,2,3            Step forward on R, Cross Lover R, Spiral full turn R, (weight on L)12

**(for styling purpose try to extenuate the spiral making it flow through)**

4&5            Shuffle forward R.L.R (cha cha style)12

6,7            Rock forward on L, Recover on R12

8&1            Shuffle back L.R.L (cha cha style) 12

## **Back Together, Rock & Cross, Side Behind, Shuffle ¼ L**

2,3            Step back on R, Bring L to R12

4&5            Rock R out to R side, Recover on L, Cross R over L12

6,7            Step L to L side, Cross R behind L12

8&1            Shuffle ¼ L (cha cha style)9

## **Step ½ Turn L, Shuffle ½ L, Step ¼ L, Cross, Rock & Cross**

2,3            Step forward on R, Pivot ½ L (weight on L)3

4&5            Shuffle round ½ L, R.L.R (weights back on R)3

6,7            Make ¼ L step L out to L side, Cross R over L6

8&1            Rock L out to L side, Recover on R, Cross L over R6

## **Side Together, Chasse R, Rock Replace, ¼ Turn Step**

2,3            Step R to R side, Bring L to R6

4&5            Chasse R (cha cha style)6

6,7            Cross rock L over R, Recover on R6

8            Make ¼ L stepping on L3

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