

THE PROMISE

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 MUSIC: "This I Promise You" by Vio Friedman, download Amazon.com
 RHYTHM: RUMBA RAL PHASE IV + 2 [cuddles, tornillo wheel]
 FOOTWORK: Opposite unless indicated
 SEQUENCE: INTRO A BRIDGE B A B C B END RELEASED: 9/2013

INTRO

- 1-9 **WAIT;; CUDDLE X2;; BRK BK TO OP; AIDA; HIP RKS; SPOT TRN; 2 SLOW HIP RKS;**
 1-2 Cuddle position fcg ptr WALL lead ft free wait;;
 3 [CUDDLES] sd L releasing lead hnds and leading W to open out, rec R, cl L to fc ptr in cuddle pos,-(W swiveling 1/2 RF on L foot sd & bk R to 1/2 open, rec L comm LF trn, fwd & sd R to fc ptr to cuddle pos,-);
 4 Sd R releasing trail hnds and leading W to open out, rec L, cl R to fc ptr in cuddle pos,-(W swiveling 1/2 LF on R foot sd & bk L to 1/2 open, rec R comm RF trn, fwd & sd L to fc ptr in cuddle pos,-);
 5 [BRK BK TO OP] XLIB of R, rec R to op LOD, fwd L,-;
 6 [AIDA] thru R twd LOD comm RF trn, sd L cont RF trn, bk R to "V" bk/bk pos,-;
 7 [HIP RKS] in aida position shift weight to L ft with fwd hip movement, shift weight to R foot with bk hip movement, shift weight to L ft swlving 1/4 LF on L to fc ptr WALL,-;
 8 [SPOT TRN] XRIF of L trng 1/2 LF, rec L trng 1/2 LF to fc ptr, sd R,-;
 9 [2 SLOW HIP RKS] fcg ptr WALL take weight L moving hips to LOD,-, take weight R moving hips to RLOD,-;

PART A

- 1-4 **FLIRT TO FAN;; STRT HKY STK BOTH FC WALL; FENCE LINE LADY IN 2;**
 1-2 [FLIRT TO FAN] Fcg ptr Wall with R/R hnds jnd fwd L, rec R, sd L,-(W bk R, fwd L, fwd R trng LF to Varsouv pos fcg WALL,-); bk R, rec L, sd R leading W to fan pos,-(W bk L, rec R, sd L moving in frnt of M & trng 1/4 RF to fc RLOD in fan pos,-);
 3 [STRT HKY STK BOTH FC WALL] fwd L, rec R, cl L,-(W cl R, fwd L, fwd R trng 1/4 LF to fc WALL,-) end tandem pos both fc WALL ;
 4 [FENCE LINE LADY IN 2] trail foot free XRIF of L in lunge action, rec L, sd R,-(W XLIF of R in lunge action, rec R, pnt L sd,-) end tandem WALL;
 5-8 **THRU TO SHADOW SERPIENTE;; SHADOW AIDA; FC WALL FOR SHADOW HIP RKS;**
 5-6 [THRU TO SHAD SERPIENTE] both fcg WALL in tandem both with L ft free thru L, sd R, XLIB of R, fan L CW; XRIB of L, sd L, thru R, fan L CW; XRIB of L, sd L, thru R, fan L CW;
 7 [SHADOW AIDA] both with L ft free thru L twd RLOD comm LF trn, sd R cont LF trn, bk L,-;
 8 [FC WALL FOR SHAD HIP RKS] trng RF to fc WALL sd R, rk sd L, rk sd R,-;

PART A (CONT)9-12 SPOT TRN LADY IN 2 TO FC; THRU TO SERPIENTE;; AIDA;

- 9 [SPOT TRN LADY IN 2 TO FC] both with L ft free XLIF or R trng 1/2 RF, rec R trng 1/2 RF to fc ptr WALL, sd L,- (W XLIF of R trng 1/2 RF, rec R, pnt L sd,-) to BFLY;
 10-11 [THRU TO SERPIENTE] Thru R, sd L, XRIB of L, fan L CCW; XLIB of R, sd R, thru L, fan R CCW (W in BFLY REPEAT MEAS 5 & 6 PART A);
 12 [AIDA] REPEAT MEAS 6 INTRO;

13-14 SWITCH CROSS; CUCA;

- 13 [SWITCH CROSS] in aida pos sd L trng LF to fc ptr bringing jnd lead hnds thru, rec R, XLIF of R -(W sd R trng RF to fc ptr bringing jnd lead hnds thru, rec L, XRIF of L,) end fcg ptr WALL with trail ft free;
 14 [CUCA] sd R with ball of R ft taking weight, rec L, cl R,-;

BRIDGE1 2 SLOW HIP RKS;

- 1 REPEAT MEAS 9 INTRO;

PART B1-6 SD WLK; CRAB WLK; TWIRL TO TAMARA POS; WHEEL 3; WHEEL(LADY WRAP); WHEEL 3 FC COH;

- 3 [SD WLK] fcg ptr wall in BFLY sd L, cl R, sd L,-;
 [CRAB WLK] XRIF of L, sd L, XRIF of L,-;
 [TWIRL TO TAMARA] keeping both hnds jnd throughout fwd L, fwd R, fwd L leading W to twirl RF undr jnd lead hnds,-(W sd R comm RF trn undr jnd lead hnds, sd & bk L cont trn, bk R,-) end in tamara pos with M fcg LOD and W fcg RLOD;
 4 [WHEEL 3] moving CW fwd R, L, R to fc RLOD still in tamara pos,-;
 5 [WHEEL (LADY WRAP)] cont wheel CW L, R, L to fc WALL,-(W in plc R trng LF undr jnd lead hnds, sd I& fwd L twd RLOD trng LF undr jnd hnds, sd R to M's R sd,-) end in wrapped pos both fcg WALL;
 6 [WHEEL 3] in wrapped pos cont wheeling CW fwd R, L, R,-(W bk L, R, L,-) to end in wrapped pos fcg COH;

5-10 LADY UNWRAP TO LUNGE LINE; SPIN TO FC PTR WALL; CUCA X 2;;

- 7 [LADY UNWRAP TO LUNGE LINE] releasing M's L & W's R hnds sm sd L, cl R lunge sd L,-(W roll RF R, L, & sd lunge R,-) end both fcg COH with trail hnds jnd low looking at ptr;
 8 [SPIN TO FC PTR WALL] M trn 1/2 RF on R, sd L, rec sd R,-; (W spin LF L, R, sd L,-) end fcg ptr WALL with lead ft free;
 9-10 [CUCA X 2] sd L with ball of L ft taking weight, rec L, cl R,-; sd R with ball of R ft taking weight, rec L, cl R,-;

REPEAT PART AREPEAT PART B

PART C

- 1-4 FWD BASIC; TO TORNILLO WHEEL;; BK BASIC;
 1 [FWD BASIC] fwd L, rec R, bk L blending to BJO pos,-;
 2-3 [TORNILLO WHEEL] in BJO pos fwd R, L, R moving CW,-(W bring L ft up to R knee looking well to left & staying on ball of R foot throughout the 2 measures while M walks around,-,-,-); cont moving CW fwd L, R, L,-(W cont in BJO position with L ft up to R knee as M cont to walk around,-,-,-) end fcg WALL;
 4 [BACK BASIC] bk R, rec L, fwd R,-;
- 5-10 CUDDLES X 2;; BRK BK TO OPEN; THRU TO FAN; HKY STK;;
 5-6 [CUDDLES X2] REPEAT MEAS 3 & 4 INTRO;;
 7 [BRK BK TO OPEN] REPEAT MEAS 5 INTRO;
 8 [THRU TO FAN] thru R, cl L trng RF to fc WALL, sd R leading W to fan pos,-(W thru L, sd R trng LF, cont LF trn to fc RLOD bk L to fan pos,-);
 [HKY STK] fwd L, rec R, cl L raising jnd lead hnds,-(W cl R, fwd L, fwd R in front of M still fcg RLOD,-); bk R trng sl RF, rec L, fwd R following woman,-(W fwd L, fwd R trng LF to fc ptr, sd & bk L,-) blend to BFLY SCAR;
- 11-14 FWD LADY DEVELOPE; BK WLK 6 CRVG TO FC WALL;; CUCA;
 11-12 [FWD LADY DEVELOPE] in BFLY SCAR pos fwd L leading W to step bk, hold,-(W bk R bringing L leg in bending it at the knee & extending it out with toes down,-,-);
 12-13 [BK WLK 6 CRVG FC WALL] bk R, bk L, bk R,-; bk L, bk R crving sl LF, bk L cont crvg to fc WALL,-;
 14 [CUCA] REPEAT MEAS 14 PART A;

REPEAT PART BEND

- 1-7 FLIRT TO FAN;; STRT HKY STK BOTH FC WALL; FENCE LINE (LADY IN 2); SHADOW SERPIENTE;; SHADOW CROSS CHECK & EXTEND;
 1-6 REPEAT MEAS 1-6 PART A;;;;;;
 7 Both fcg WALL with L ft free XLIF of R in lunging action arms out to sd & hold;

QUICK CUES

- INTRO:** wait;; cuddle x 2;; brk bk to op; aida; hip rks to fc; spot trn; 2 slow hip rks;;
- PART A:** shake hnds for flirt to fan;; strt hky stk both fc wall in tandem; fence line lady in 2; thru to shad serpiente;; shad aida; fc wall for hip rks; spot trn lady in 2 to fc; BFLY thru to serpiente;; aida; switch cross; cuca;
- BRIDGE:** 2 slow hip rks;
- PART B:** sd wlk; crab wlk; twirl to tamara; wheel 3; wheel/lady wrap; wheel 3 fc COH; Lady unwrap to lunge line; spin to fc ptr WALL; cuca x 2;;
- PART A:** shake hnds for flirt to fan;; strt hky stk both fc wall; fence line lady in 2; Thru to shad serpiente;; shad aida; fc wall for hip rks; spot trn lady in 2 to fc; BFLY thru to serpiente;; aida; switch cross; cuca;
- PART B:** sd wlk; crab wlk; twirl to tamara; wheel 3; wheel/lady wrap; wheel 3 fc COH; Lady unwrap to lunge line; spin to fc ptr WALL; cuca x 2;;
- PART C:** fwd basic to tornillo wheel;;; bk basic; cuddles twice;; brk bk to op; thru to fan; Hky stk to BFLY SCAR;; fwd lady develop; bk wlk 6 crving to fc WALL;; cuca;
- PART B:** sd wlk; crab wlk ; twirl to tamara; wheel 3; wheel lady wrap; wheel 3 fc COH; Lady unwrap to lunge line; spin to fc ptr WALL; cuca x 2;;
- END :** shake hnds flirt to fan;; strt hky stk both fc WALL; fence line lady in 2; shadow serpiente;; shadow cross check & extend;