

THIS I PROMISE YOU

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MUSIC: "This I Promise You" by Vio Friedman 3:48 download Amazon & others
RHYTHM: RUMBA RAL PHASE V + 2 [3 alemanas, cont advance hip twists]
FOOTWORK: Opposite unless indicated. SPEED: as on CD/download.
SEQUENCE: INTRO A BRIDGE B A B A B END Released 5/2012

INTRO

- 1-5 WAIT;; ALEMANA TO CP;; CLSD HIP TWIST;
1-2 Op fcg lead hnds jnd lead ft free wait;;
3-4 [ALEMANA TO CP] fwd L, rec R, cl L leading W to trn Rf undr jnd lead hnds,-(W bk R, rec L, sd R comm. RF swvl,-); bk R, rec L, fwd R blending to CP,-(W cont RF trn undr jnd lead hnds fwd L, cont RF trn fwd R, sd L to fc ptr blending to CP,-)
5 [CLSD HIP TWIST;] Sd & fwd L leading W twd M's R sd to open her out, rec R leading W to close, close L to R leading W to trn RF,-(W bk R trng 1/2 RF, rec L trng LF to fc ptr, sd R sm step swiveling 1/4 RF on R & touching L to R no weight,-);
6-9 RK R & L (2 SLOW X SWVLS); FAN; HKY STK (SPIRAL TO WALL);;
6 Rk sd R leading W to swvl twd LOD,-, rk sd L leading W to swvl twd RLOD,-(W fwd L swvling LF to fc RLOD,-, fwd R swvling RF to fc LOD,-);
7 [FAN] bk R, rec L, sd R,- (W fwd L, trng LF step sd & bk R trng 1/4 LF, bk L extending R ft fwd with no weight,-);
8-9 [HKY STK (SPIRAL TO WALL)] fwd L, rec R, cl L,- (W cl R, fwd L, fwd R spiraling LF to fc WALL,-); bk R, rec L, fwd R,- (W fwd L, fwd R trng 1/2 LF to fc ptr, sd & bk L,-) end fcg ptr WALL;

PART A

- 1-4 THREE ALEMANAS TO CP WALL;;;;
1 Fwd L, rec R, cl L to R raising lead hnds,-(W bk R, rec L, fwd R,-);
2 Bk R, rec L leading W to trn RF under jnd lead hnds, cl R to L,-(W fwd L trng RF undr jnd lead hands, fwd R twd Wall cont RF trn to fc M, fwd L to M's R sd continue to trn RF to fc DLW,-);
3 Sd L, rec R, cl L to R,-(W XR over L twd LOD spiraling LF, cont trn LF fwd L, fwd R to fc ptr,-);
4 Bk R, rec L, sd R,-(W fwd L trng RF undr jnd lead hnds, fwd R twd WALL cont RF trn to fc M, fwd L to CP,-);
5-8 NATL OPENING OUT W/SIT LINE REC CP;; NATL OPENING OUT (W SPIRAL) TO FAN;;
5-6 [NATL OPEN OUT W/SIT LINE] fwd L in pressline leading W to open out, rec sd & bk R leading W to CP, cl L to R,-(W bk R trng 1/2 RF to open out, rec L trng 1/2 LF to CP, sd R,-); sd R soften knee raise lead hnds to lead W to trn RF under jnd lead hnds, rec L, cl R leading W to trn RF bk to CP,-(W swivel 1/4 RF on R ft trng undr jnd lead hnds bk L to sit line, fwd R swiveling 1/2 RF, sd L to CP,-);
7-8 [NATL OPENING OUT (W SPIRAL) TO FAN] fwd L in pressline leading W to open out, rec sd & bk R leading W to CP, cl L to R leading W to spiral LF,-(W bk R trng 1/2 RF to open out, rec L trng 1/2 LF to CP, sd R spiraling 3/4 LF on R ft,-); bk R, rec L, sd R,-(W fwd L, fwd R trng 1/2 LF, bk L,-) end M fcg WALL W fcg RLOD;

PART A (CONT)

- 9-12 STOP & GO HKY STK W/ CROSS LUNGE;; START ALEMANA CHNG TO AIDA;;
9-10 [STOP & GO HKY STK W/CROSS LUNGE] fwd L, rec R raising lead hnds, sd L leading W to trn undr lead hnds,-(W cl R, fwd L, fwd R trning LF undr lead hnds to fc WALL,-); release hand hold placing M's R hnd at W's waist XRIF of L with bent knee looking at ptr, rec L, sd R bring lady bk to fan position rejoin lead hnds,-(W XLIF of R with bent knee, rec R, bk L to fan position,-);
11-12 [START ALEMANA CHNG TO AIDA] fwd L, rec R, sd L,-(W cl R, fwd L, fwd R trng RF to fc ptr,-); thru R twd LOD, sd L trng RF (W LF), bk R to "V" bk to bk pos,-;
- 13-14 HIP RKS TO FC; FINISH THE ALEMANA;
13 [HIP RKS TO FC] In "V" bk to bk pos rk fwd R, rk bk L, rk fwd R trng LF to fc ptr,-;
14 [FINISH THE ALEMANA] bk R, rec L, cl R (W comm sharp RF trn under jnd lead hnds fwd L, fwd R cont trn, fwd L to complete 1 full trn,-) end fcg ptr WALL blending to CP;
BRIDGE
- 1 2 SLOW HIP RKS;
1 Fcg ptr WALL CP rk sd L,-, rk sd R,-;
- 1-4 CONTINUOUS ADVANCED HIP TWISTS;;;;
1-2 CP WALL lead ft free fwd L, rec R, XLIB of R,-(W swvl RF 1/2 on L and step bk R, rec L swivel LF 1/2, fwd R outsd ptr & swvl RF 1/4,-); Sd R, rec L, sm fwd R outsd ptr trning 1/4 RF to fc RLOD,-(W fwd L swvling LF, fwd R, fwd L to BJO,-);
3-4 REPEAT MEAS 1 & 2 PART B to end fcg COH;;
- 5-6 NATURAL OPENING OUT (SPIRAL) TO HKY STK ENDG COH;;
5 Fwd L in pressline leading W to open out, rec sd & bk R leading W to CP, cl L to R leading W to spiral LF,-(W bk R trng 1/2 RF to open out, rec L trng 1/2 LF to CP, sd R spiraling 1/2 LF on R ft to fc WALL,-);
6 Bk R, rec L, sd R,-(fwd L twd WALL, fwd R comm RF trn, cont RF trn bk L to fc ptr,-) join lead hnds;
- 7-10 FWD BASIC TO NATL TOP 6 FC WALL;;; ONE CUCARACHA;
7-9 [FWD BASIC TO NATL TOP 6] fwd L, rec R, sd L comm RF trn,-(W bk R, rec L, fwd R,-) end CP DLC; XRIB of L, sd L, XRIB of L,-(W sd L, XRIF of L, sd L,-); sd L, XRIB or L, sd L,-(W XRIF of L, sd L, XRIF of L,-) to complete 1 1/2 revolutions and end fcg ptr WALL;
10 [ONE CUCARACHA] sd R with weight on the ball of the R foot, rec L, cl R to L,-;
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REPEAT PART A & PART B TWICE
END

- 1-4 ALEMANA TO CP;; CLOSED HIP TWIST; RK L & R (2 SLOW X SWVLS);
1-4 REPEAT MEAS 3-6 INTRO;;;;
- 5-7 FCG FAN; OP HIP TWIST OVERTRN FC LOD M TRANS; SD LUNGE & SHAPE;
- 5 [FCG FAN] Bk R, rec L, sd R trng 1/4 LF to fc LOD,-(W REPEAT MEAS 7 INTRO);
- 6 [OP HIP TWST OVERTRN] fwd L, rec R, tch L,-(W bk R, rec L, fwd R swiveling on R to fc WALL in front of M);
- 7 [SD LUNGE & SHAPE] Sd L twd COH with bent knee R leg extended twd WALL arms out to the side slowly rotate upper bdy LF to shape twd COH;

QUICK CUES

- INTRO** Op fcg wait 2 meas;; Alemana to CP;; closed hip twist; 2 slow X swvls;;
Out to the fan; hky stick lady spiral to WALL jn lead hnds;;
- PART A** 3 alemanas to CP;;; natl opening out with lunge sit line & bk to CP;;
Natl opening out lady spiral to fan;; stop & go hky stick w/cross lunge;;
Start the alemana chng to aida;; hip rks to fc; finish the alemana to CP;
- BRIDGE** 2 slow hip rks CP;
- PART B** cont advanced hip twists;;;;
natl opening out lady spiral to hky stk endg COH;;
fwd basic to natl top in 6 fc WALL;;; one cucaracha jn lead hnds;
- PART A** 3 alemanas to CP;;; natl opening out with lunge sit line & bk to CP;;
Natl opening out lady spiral to fan;; stop & go hky stick w/cross lunge;;
Start alemana chng to aida;; hip rks to fc; finish the alemana to CP;
- PART B** cont advanced hip twists;;;;
Natl opening out lady spiral to hky stk endg COH;;
Fwd basic to natl top in 6 fc WALL;;; one cucaracha jn lead hnds;
- PART A** 3 alemanas to CP;;; natl opening out with lunge sit line & bk to CP;;
Natl opening out lady spiral to fan;; stop & go hky stick w/cross lunge;;
Start alemana chng to aida;; hip rks to fc; finish the alemana to CP;
- PART B** cont advanced hip twists;;;;
Natl opening out lady spiral to hky stick endg COH;;
Fwd basic to natl top in 6 fc WALL;;; one cucaracha jn lead hnds;
- END** alemana to CP;; closed hip twist; 2 slow X swivels to fcg fan;;
Op hip twist overturn both fc LOD M trans; sd lunge & shape;

