



# PROMISE ME V

<b>Choreographer:</b>	Anita Froehlich, 20410 Leapwood Ave #2-G, Carson, CA 90746, (310) 400-3149, <a href="mailto:anita.froehlich@dcaa.mil">anita.froehlich@dcaa.mil</a> (with coach Tom Hicks, USISTD)	
<b>Rhythm &amp; Phase:</b>	Rumba, Phase V+2 [Cont Natl Top, Rope Spin]	
<b>Music:</b>	STAR 193 "Promise Me" * [flip "Movin' On Up Cha"]	
<b>Release Date:</b>	Aug 2012 [Roundarama Institute]	
<b>Sequence:</b>	Intro A B C A[9-14] B[Mod] End	
<b>Footwork:</b>	Opposite, unless noted ( <i>W's footwork &amp; timing in parentheses</i> )	
<b>Timing:</b>	Standard, unless noted	<b>Level of Difficulty:</b> Above Average

## INTRO

Meas

### **1-4 Wait;; Front Circle Vine 8 - M trans tch - R Hndshk {Wall};;**

- 1-2 [Wait] BFLY - M fc Ptr & Wall - R ft free for both;;
- 3-4 [Front Circ Vine 8 - M Trans QQQQQQQQ] XRIF of L, sd L, XRIB of L, sd L; XRIF of L, sd L, XRIB of L, tch L (*W sd L*) to end R hndshk BFLY/WALL; [figure turns one full turn CW]

## PART A

Meas

### **1-4 Flirt to; Fan; Hockey Stick;;**

- 1-2 [Flirt to Fan] Fwd L, rec R, cl L ldg W to turn 1/2 LF, (*Bk R, rec L comm LF trn, cont LF turn fwd & sd R blending to VARS pos Wall*), -; Bk R, rec L, sd R (*Bk L, rec R, sd L moving to left in front of the M and trng 1/4 RF to end in fan pos leaving R extending fwd w/no wgt,*) -;
- 3-4 [Hky Stk] Fwd L, rec R, sm sd L raisg jnd ld hnds to form window (*W cl R, fwd L, fwd R*), -; Bk R, rec L, lwrng hnds strong fwd R (*Fwd L, fwd R trng LF to face partner, side and bk L*) to OP-FCG DRW-;

### **5-8 Fwd Basic to; Cont Natl Top {Wall};;**

- 5 [Fwd Basic] Rk fwd Wall L, rec R, sd & bk L,-;
- 6-8 [Cont Natl Top] Trng RF XRIB, sd L, XRIB, -; sd L w/L sd stretch lead W U/A trn, XRIB, sd L, -; XRIB, sd L w/L sd stretch lead W U/A trn, sd R to LOP fcg Wall, - (*Fwd & sd L, XRIF, sd L CP, -; Fwd R spiral LF, fwd L, fwd R, -; Fwd L, fwd R spiral LF to fc ptr, sd L to LOP fcg COH, -*);

### **9-12 Closed Hip Twist to; Fan; Alemana to;;**

- 9 [Clo Hip Twist] Rk sd & fwd L trng body RF, rec R trng body LF, cl L to R then slight pressure thru hnds swvl Lady 1/4 RF (*W swvlng 1/2 RF on the L ft to stp bk R, rec L trng LF 1/2, small sd R then swvl RF 1/4 to fc LOD*) M fcg Wall,-;
- 10 [Fan] Bk R, rec L, sd R (*W fwd L, fwd R trng LF, bk L*) to Fan pos M fcg Wall,-;
- 11-12 [Alemana] Fwd L, rec R, cl L lead W to trn RF 1/4 (*W cl R, fwd L, fwd R trng RF 1/4 to fc M*),-; Bk R, rec L, cl R (*W cont RF trn fwd L, fwd R trng RF, sd & fwd L to M's R sd*),-;

### **13-14 2 Cuddles;;**

- 13-14 [Cuddles] Sd L leading W to trn RF releasing ld hnd sweep L arm out to sd, rec R, cl L to R (*W swvl 3/8 RF on L ft stp bk R sweep R arm out to sd, rec L trng LF, sd & fwd R cont LF trn to fc M*) to Cuddle pos,-; Sd R leading W to trn LF release trng hnd sweep R arm out to sd, rec L, cl R to L (*W swvl 3/8 LF on R ft stp bk L sweep L arm out to sd, rec R trng RF, sd & fwd L cont RF trn to fc M*) to Cuddle pos,-;

**PART B****Meas****1-4 Cuddle to; Underarm Turn {BFLY}; 2 Slow X-Swivels; Qk X-Swivels {BFLY/SCAR};**

- 1 [Cuddle] Sd L leading W to trn RF releasing ld hnd sweep L arm out to sd, rec R, cl L to R (*W swvl 3/8 RF on L ft stp bk R sweep R arm out to sd, rec L trng LF, sd & fwd R cont LF trn to fc M*),-;
- 2 [UAT] XRIB, rec L, sd R,- (*W XLIF trn 3/4 RF under jnd lead hnds, rec R cont trn to fc ptr, sd L,-*) end low Bfly/Wall;
- 3 [2 Slo X-Swivels SS] Lead W (*swivl LF fwd R*) delayed rk L,-, rec R lead W (*swivl RF fwd L*),-;
- 4 [Qk X-Swivels Q&QS] Rk L/rk R, clo L, sd R to BFLY/SCAR, -; (*Swivl LF fwd R/ swivl RF fwd L, swivl LF fwd R, sd L to BFLY/SCAR, -;*)

**5-8 Check - Develope; Wrap Lady; M Hip Rock 3 – W Slither Down & Up; Out to Fan Overturned to Figurehead – M in 2;**

- 5 [Chk-Develope SS] Fwd L outsd ptr chkg,-,- (*W bk R, bring L ft up to insd of R knee, extend L ft fwd,-*);
- 6 [Wrap W in 3] Bk R, sd L, cl R ldg W to turn 1/2 LF, (*Fwd L twd M, fwd R comm LF trn, cont LF turn cl L blending to momentary wrap pos Wall*), -;
- 7 [M Hip Rk 3 – W Slither] Split feet planted wide apart plc hnds on W's shoulders rk L, rk R, rk L, -; (*Plc hnds on outside of M's thighs & sway R comm lowering while running hnds down M's legs, sway L lower & comm rising, sway R rising while running hnds up M's legs, - ;*)
- 8 [Out to Overturned Fan SS (QQS)] Bk R trn LF to fc LOD, -, rec L, -; (*Fwd L, fwd R spiraling 7/8 LF, cont LF trn fwd L extend L arm fwd*) now both fcg LOD in Fig Head pos lead hnds jd,-;

**9-12 M Fwd Hitch - W Fwd & Swivel & Fwd to Cuddle Corte w/Legcrawl; Pushoff Hky Stk End – M Hip Rks; Start Fcg Hky Stk to Split Weight Chest Push; 2 Slow X-Swivels;**

- 9 [M Fwd Hitch – W Fwd & Swivel & Fwd to Corte] Fwd L, cl R to L, bk L, - (*Fwd R swvl 1/2 RF, fwd L, fwd R to CP/Cuddle fcg LOD & lift L leg outsd M's R thigh,-*);
- 10 [Pushoff Hky Stk End] In pl rk fwd R, rk bk L, rk fwd R,-; (*Turn 1/2 LF fwd L, fwd R trn LF under lead hands to fc M, bk L, -;*)
- 11 [Start Fcg Hky Stk to Split Weight Chest Push] Rk fwd L, rec R, sd brk L to split weight, -; (*W rk bk R, fwd L, fwd R - R hnd to M's chest, -;*)
- 12 [2 Slo X-Swivels SS] Rk R, -, rk L, -; (*Swvl RF Fwd L, -, swivl LF fwd R, -;*)

**13-18 Hockey Stick End to Wall; Alemana to;; Rope Spin Underturned LOP-RL0D;; Op Cuban Walk w/Swivl {BFLY/COH};**

- 13 [Hky Stk End] Bk R slightly beh L, rec L, lead W to trn LF under lead hands fwd R to fc Wall, -; (*Fwd L, fwd R trn LF under lead hands to fc M & COH, bk L, -;*)
- 14-15 [Alemana] Rk fwd L, rec R, cl L leading W to trn RF,-(*W bk R, rec L, sd & fwd R,-*); Bk R, rec L, cl R,-(*W fwd L trn RF undr jnd lead hnds, fwd R cont RF trn, fwd L w/spiral RF twd M's R sd,-*);
- 16-17 [Rope Spin] Sd L (*Fwd R stepping around Man*), rec R (*fwd L cont around M*), cl L (*fwd R cont around M*),-; Sd R (*Fwd L cont around M*), rec L (*fwd R cont around M*), cl R to LOP-RL0D (*fwd L to fc RL0D*),-;
- 18 [Op Cuban Wik] Bk L, bk R, bk L swivl RF to BFLY/COH pt R to sd, -; (*Fwd R, fwd L, fwd R swivl RF to BFLY/Wall pt L to sd, -;*)

**PART C**Meas**1-4 Crab Walks 6;; Fenceline; Slo Curl to CP/COH;**

- 1-2 [Crab Walks 6] XRif, sd L, XRif, - ; sd L, XRif, sd L, - ;  
 3 [Fenceline] Cross lunge thru R with bent knee look LOD, rec L trn to fc ptr, sd R,-;  
 4 [Slo Curl SS] XLIF, -, rec bk R turn 1/8 LF to CP/COH,-; (*XRIF spiraling LF 1/2, -, cont turn 1/4 & fwd L to CP/Wall, -;*)

**5-8 X-Body Lead to Wrap{Wall};; Unwrap to UAT {CP/Wall} to;;**

- 5-6 [X-Body w/Wrap] Fwd L, rec R, sd L turn LF to fc RLOD, -; (*Bk R, rec L, fwd R twd M staying on his R sd ending in an L-shaped pos, -;*) Bk R, sd L turn 1/4 LF to fc Wall, clo R in cuddle/wrap pos Wall,-; (*Fwd L, fwd R with LF spiral full, fwd L in wrap/cuddle, -;*)  
 7 [Unwrap] Rel trail hnds rk fwd L, rk bk R, clo L,-; (*Fwd R, fwd L spt piv 1/2 RF, fwd R twd M,-;*)  
 8 [UAT] XRIB, rec L, sd R,- (*W XLIF trn 3/4 RF under jnd lead hnds, rec R cont trn to fc ptr, sd L,-*) end CP/Wall;

**PART A [9-14]**Meas**9-12 Closed Hip Twist to; Fan; Alemana to;;****13-14 2 Cuddles;;****PART B [Mod]**Meas**1-4 Cuddle to; Underarm Turn {BFLY}; 2 Slow X-Swivels; Qk X-Swivels {BFLY/SCAR};****5-8 Check - Develope; Wrap Lady; M Hip Rock 3 - W Slither Down & Up; Out to Fan Overturned to Figurehead - M in 2;****9-12 M Fwd Hitch - W Fwd & Swivel & Fwd to Cuddle Corte w/Legcrawl; Pushoff Hky Stk End - M Hip Rks; Start Fcg Hky Stk to Split Weight Chest Push; 2 Slow X-Swivels;****13 Hockey Stick End to Wall;****14 Fwd Basic to Curl {LOD};**

- 14 [Fwd Basic to Curl] Fwd L, rec R, cl L (to fc LOD) raising jnd lead hnds to lead W spiral LF, - (*W bk R, rec L, fwd R spiraling LF 3/4 under jnd lead hnds to fc LOD, -;*)

**END**Meas**1-4 M Hold - Lady Walk Away 4 Slo;; W Hold - M Walk 4 to Lady & Cuddle Embrace;;**

- 1-2 [M Hold - W Wlk Away SSSS] (Fwd L, -, fwd R, -; Fwd L, -, clo R head down-arms at sides-feet together, -;  
 3-4 [W Hold - M Wlk & Cuddle Embrace QQQQ----] Fwd R, fwd L, fwd R, fwd L; Tching W's arms-then embracing W; (*after M tchs arms-raise arms to allow M to cuddle embrace*)