**PROMISE ME V**

**Choreographer:** Anita Froehlich, 20410 Leapwood Ave #2-G, Carson, CA 90746, (310) 400-3149, anita.froehlich@dcaa.mil (with coach Tom Hicks, USISTD)

**Rhythm & Phase:** Rumba, Phase V+2 [Cont Natl Top, Rope Spin]

**Music:** STAR 193 “Promise Me” * Ross Mitchell [flip “Movin’ On Up Cha”]

**Release Date:** Aug 2012 [Roundarama Institute]

**Sequence:** Intro A B C A[9-14] B[Mod] End

**Footwork:** Opposite, unless noted (W’s footwork & timing in parentheses)

**Timing:** Standard, unless noted

**Level of Difficulty:** Above Average

<table>
<thead>
<tr>
<th>Meas</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td><strong>Front Circle Vine 8 – M trans tch - R Hndshk {Wall};;</strong></td>
</tr>
<tr>
<td>1-2</td>
<td>[Wait] BFLY - M fc Ptr &amp; Wall - R ft free for both;;</td>
</tr>
<tr>
<td>3-4</td>
<td>[Front Circ Vine 8 - M Trans QQQQQQ QQ] 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]</td>
</tr>
</tbody>
</table>

**PART A**

<table>
<thead>
<tr>
<th>Meas</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td><strong>Flirt to; Fan; Hockey Stick;;</strong></td>
</tr>
<tr>
<td>1-2</td>
<td>[Flirt to Fan] Fwd L, rec R, cl L ldg W to turn 1/2 LF, (Bk R, rec L cmm LF trn, cont LF turn fwd &amp; 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, ) -;</td>
</tr>
<tr>
<td>3-4</td>
<td>[Hky Stk] Fwd L, rec R, sm sd L raisng jnd ld hnds to form window (W cl R, fwd L, fwd R), -; Bk R, rec L, lwrg hnds strong fwd R (Fwd L, fwd R trng LF to face partner, side and bk L) to OP-FCG DRW-;</td>
</tr>
<tr>
<td>5-8</td>
<td><strong>Fwd Basic to; Cont Natl Top {Wall};;;</strong></td>
</tr>
<tr>
<td>5</td>
<td>[Fwd Basic] Rk fwd Wall L, rec R, sd &amp; bk L,;-</td>
</tr>
<tr>
<td>6-8</td>
<td>[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 &amp; 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, -);</td>
</tr>
<tr>
<td>9-12</td>
<td><strong>Closed Hip Twist to; Fan; Alemana to;;</strong></td>
</tr>
<tr>
<td>9</td>
<td>[Clo Hip Twist] Rk sd &amp; 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,;-</td>
</tr>
<tr>
<td>10</td>
<td>[Fan] Bk R, rec L, sd R (W fwd L, fwd R trng LF, bk L) to Fan pos M fcg Wall,;-</td>
</tr>
<tr>
<td>11-12</td>
<td>[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 &amp; fwd L to M’s R sd),;-</td>
</tr>
<tr>
<td>13-14</td>
<td><strong>2 Cuddles;;</strong></td>
</tr>
<tr>
<td>13-14</td>
<td>[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 &amp; 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 &amp; fwd L cont RF trn to fc M) to Cuddle pos,;-</td>
</tr>
</tbody>
</table>

*1991 original by Beverley Craven*
**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 XLF 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 R, swivl LF R, swivl LF R, sd L to BFLY/SCAR, -;)

5-8 **Check – W Develope; Wrap Lady; M In Plc 3 – W Slither Down & Up; Out to Fan Overturned to Figurehead;**

5 [Chk-Develope SS] Fwd L outsdt 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 In Plc 3 – W Slither] Plc hnds on W’s shoulders in plc basic stp L, stp R, stp 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] Bk R trn LF to fc LOD, rec L, fwd R, -; (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 ½ RF, fwd L, fwd R to CP/Cuddle fcg LOD & lift L leg outsdt M’s R thigh),-;

10 [Pushoff Hky Stk End] In pl rk fwd R, rk bk L, rk fwd R,-; (Turn ½ 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, -;)


13-18 **Hockey Stick End to Wall; Alemana to;; Rope Spin ½ LOP-LOD; Op Cuban Walk 6 w/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, -;)


Bk R, rec L, cl R,-(W fwd L trn RF under jnd lead hnds, fwd R cont RF trn, fwd L w/spiral RF twd M’s R sd,-;)

15 [Rope Spin 1/2] Sd L (Fwd R stepping around Man), rec R (fwd L cont around M), cl L turning to LOP-LOD(fwd R cont around M to fc LOP-LOD),-;


---
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 ½, -, cont turn ¼ & 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 ¼ 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 ½ RF, fwd R twd M, -;)
8 [UAT] XРИB, 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 – W Develope; Wrap Lady; M In Plc 3 – W Slither Down & Up; Out to Fan Overturned to Figurehead;
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 (turning ¼ LF 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)