

Promise Her Anything

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Music: "Promise Her Anything (1998 Digital Remaster)" by Dean Martin
Available on Amazon ("This is Dean Martin" album)
<https://www.youtube.com/watch?v=cq31teeoZew>

Video: <https://www.youtube.com/watch?v=Y4urfJwaS3Y>

Rhythm & Phase: Foxtrot, Phase VI **Original Time:** 2:57

Footwork: Opposite (*except where noted*) **Suggested Tempo:** 39.5 RPM

Sequence: Introduction, A, A, B, A, C, A, Ending

Released: August 21, 2025

Introduction (4 measures)

1 – 4 Wait ; Bounce 4 ; Step, Ronde to Face, Explode Apart ; Lady Curved Walk 3, Man Recover, Closed ;

--- 1 {Wait} Wait in V back to back pos fcg DLC (*W fcg DLW*) with arms folded in front, ld ft free & fwd in a press line ;

--- 2 {Bounce 4} Without changing weight or position relax (bending slightly) into R knee, rec, relax (bending slightly) into R knee, rec ;

QQS 3 {Step, Ronde to Face, Explode Apart} Transfer wgt to L ft, ronde R ft CCW (*W CW*) to fc ptr jn trl hnds & cl R to L, swvl LF (*W swvl RF*) 1/8 on R ft sd L & bk twd COH (*W twd WALL*) while L arm (*W R arm*) swings up and out, - ;

S-- 4 {Lady Curved Walk 3, Man Recover, Closed} Rec R comm slight LF body rotation, -, -, - (*W fwd L comm curving*)
(SQQ) *LF to finish after 3 steps in CP DLC, -, fwd R cont curving, fwd L* CP DLC ;

Part A (16 measures)

1 – 5 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;

SS& 1 {Double Reverse Overspin} Fwd L comm LF trn, -, sd R draw L foot to R, spin LF on R foot/sm fwd L spin LF
(SQ&Q&) (*W bk R comm LF trn, -, bring L ft to R trn LF on R heel [heel turn] with wgt transfer to L/sd & slightly bk R cont LF trn, XLIF of R/sm bk R & sd spin LF*) to CP DRC ;

SQQ 2 {Reverse Wave Ending} Bk R comm curving LF, -, bk L finishing curving LF to fc RLOD, bk R ;

SQQ 3 {Impetus Semi} Bk L draw R to L trng RF on L heel, -, cl R to L cont trn rise to ball of foot, fwd L (*W fwd R trng RF, -, sd & fwd L cont trn, fwd R*) to SCP DLC ;

SQQ 4–5 {Promenade Weave} Thru R, -, fwd L trng LF, sd & bk R (*W thru L comm LF trn, -, sd & bk R, sd & fwd L*) to BJO RLOD ; XLIB, trng LF bk R to CP, trng LF sd & fwd L, fwd R (*W XRIF, fwd L to CP, trng LF sd & bk R, bk L*) BJO DLW ;

QQQQ

6 – 11 Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;

SQQ 6 {Three Step} Fwd L to CP DLW, -, fwd R with R sd leading, fwd L ;

SQQ 7–8 {Natural Hover Cross} Fwd R comm RF trn, -, sd & slightly bk L cont RF trn with L sd stretch, sd & fwd R cont RF trn (*W bk L comm RF trn pull R heel to L [heel turn], -, chg wgt to R, sd L*) to SCAR DLW ; fwd L on toe in SCAR with L sd stretch, rec R with slight L sd lead, comm slight RF trn sd & slightly fwd L, fwd R in BJO DLC ;

QQQQ

SQQ 9 {Telemark Semi} Fwd L comm LF trn, -, sd R with L sd lead cont LF trn, sd & slightly fwd L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, sd & slightly fwd R*) to SCP DLW ;

SQ- 10 {Natural Preparation} Thru R start RF trn, -, sd & bk L trng to PREP position, tch R (*W thru L, -, fwd R trnf RF to CP COH, cont trn sd & bk L keeping head left*) to PREP COH ;

(SQQ)

S-- 11 {Same Foot Lunge} Lower into L knee sd R, sway R, sway L (*W lower into L knee bk R, sway R, sway L*) ;

12 –16 Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;

QQS 12 {Telespin Ending, BJO} Trng upper bdy LF leading W fwd L trng LF pickup W to CP, fwd & sd R cont LF trn, sd & fwd L, - (*W fwd L trng in front of M/fwd R trng LF to CP, cl L to R toe spin, sd & bk R, -*) BJO DLW ;

(&QQS)

SQQ 13 {Curved Feather & Check} Fwd R comm RF trn, -, sd & fwd L cont RF trn, fwd R cont RF upper body trn chkg in BJO fcg DRW ;

SQQ& 14 – 15 {**Outside Spin & Twist**} Strong RF trn bk & sd L toe in, -, fwd R outsd ptr cont RF trn, sd & bk L/XRIB with partial
 -QS wgt to CP DRW (*W fwd R outsd ptr trn RF, -, cl L to R toe spin, fwd R arnd M/fwd L arnd M*); comm unwind RF,
 (SQQ& cont unwnd RF chg wgt to R ft, cont trng RF bk & sd L, - (*W fwd R arnd M, fwd L arnd M, fwd btwn ptr's ft, -*)
 QQS) to CP DLW ;
 SQQ 16 {**Feather Finish**} Bk R comm LF trn, -, sd & fwd L, fwd R BJO DLC ;

Part A Repeats (16 measures)

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
 Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
 Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Part B (8 measures)

1 – 4 Reverse Wave ; ; Pivot to Hairpin ; Back Feather ;
 SQQ SQQ 1 – 2 {**Reverse Wave**} Fwd L comm 1/8 LF trn, -, sd & slightly bk R fcg COH, bk L starting slight LF trn (*W bk R
 comm 1/8 LF trn bring L foot to R [heel turn], -, chg wgt to L, fwd R starting slight LF trn*) ; Bk R cont
 slight LF trn curving to fc RLOD, -, bk L, bk R with upper body LF turn ;
 SQQ& 3 {**Pivot to Hairpin**} Bk L pvtg 1/2 RF, -, fwd R/fwd L with strong RF curve, fwd R to BJO DRW ;
 SQQ 4 {**Back Feather**} Bk L, -, bk R with right sd lead, bk L BJO fcg DRW ;
5 – 8 Feather Finish ; Hover Telemark ; Open Natural ; Hesitation Change ;
 SQQ 5 {**Feather Finish**} Bk R comm LF trn, -, sd & fwd L, fwd R in BJO DLW ;
 SQQ 6 {**Hover Telemark**} Fwd L, -, fwd & sd R rising with L sd lead trng RF, fwd L to SCP DLW ;
 SQQ 7 {**Open Natural**} Fwd R comm RF trn, -, sd & slightly bk L to CP RLOD, bk R (*W fwd L, -, fwd R btwn M's
 feet trng RF, fwd L*) BJO fcg RLOD ;
 SS 8 {**Hesitation Change**} Bk L comm RF trn, -, sm sd R cont RF trn, - to CP DLC ;

Part A Repeats (16 measures)

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
 Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
 Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Part C (8 measures)

1 – 4 Reverse Fallaway & Slip ; Double Reverse ; Curving Three Step ; Back Curving Three Step ;
 QQQQ 1 {**Reverse Fallaway & Slip**} Fwd L comm LF trn, sd & bk R twd DLC, keep L sd twd W XLIB of R in CBMP [fallaway],
 bk R pivot 1/2 LF (*W bk R comm LF trn, sd & bk L, XRIB of L, sd & fwd L pivot 1/2 LF*) to CP LOD ;
 SS 2 {**Double Reverse**} Fwd L comm LF trn, -, sd R draw L foot to R, spin LF on R foot [no wgt chg], -
 (SQQ&) (*W bk R comm LF trn, -, bring L ft to R trn LF on R heel [heel turn] with weight transfer to L/sd &
 slightly bk R cont LF trn, XLIF of R*) to DLW ;
 SQQ 3 {**Curving Three Step**} Fwd L comm LF trn, -, fwd R cont LF trn, fwd L cont LF trn with R side stretch CP DRC ;
 SQQ 4 {**Back Curving Three Step**} Bk R comm LF trn, -, bk L cont LF trn, bk R cont LF trn with L side stretch CP DLW ;
5 – 8 Three Step ; Natural Weave ; ; Change of Direction ;
 SQQ 5 {**Three Step**} Fwd L, -, fwd R with R sd leading, fwd L ;
 SQQ 6 – 7 {**Natural Weave**} Fwd R comm RF trn, -, sd L with L sd stretch, bk R BJO fcg DRW (*W bk L with slight RF
 trn, -, cl R heel trn, fwd L BJO*) ; Bk L with R sd stretch, bk R comm LF trn, cont LF trn sd & fwd L, fwd R
 QQQQ (*W fwd R, fwd L comm LF trn, sd & bk R, bk L*) to BJO fcg DLW ;
 SS 8 {**Change of Direction**} Fwd L to CP, -, fwd R trng LF, draw L foot to R CP fcg DLC ;

Part A Repeats (16 measures)

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Ending (7 measures)

1 – 4 Reverse Fallaway & Slip ; Reverse Wave ; ; Impetus Semi ;

QQQQ 1 {**Reverse Fallaway & Slip**} Fwd L comm LF trn, sd & bk R twd DLC, keep L sd twd W XLIB of R in CBMP [fallaway],
bk R pivot 1/2 LF (*W bk R comm LF trn, sd & bk L, XRIB of L, sd & fwd L pivot 1/2 LF*) to CP LOD ;

SQQ SQQ 2 – 3 {**Reverse Wave**} Fwd L comm 1/8 LF trn, -, sd & slightly bk R fcg COH, bk L starting slight LF trn (*W bk R
comm 1/8 LF trn bring L foot to R [heel turn], -, chg wgt to L, fwd R starting slight LF trn*) ; Bk R cont
slight LF trn curving to fc RLOD, -, bk L, bk R with upper body LF turn ;

SQQ 4 {**Impetus Semi**} Bk L draw R to L trng RF on L heel, -, cl R to L cont trn rise to toe, fwd L (*W fwd R
trng RF, -, sd & fwd L cont trn, fwd R*) SCP DLC ;

5 – 7 Quick Promenade Weave 4 ; Back, Side ; Throwaway Oversway & Extend ;

QQQQ 5 {**Quick Promenade Weave 4**} Fwd R, fwd L trng LF, sd & bk R to BJO DRW, XLIB of R (*W thru L comm LF trn,
sd & bk R, sd & fwd L to BJO, XRIF of L*) BJO DRW ;

SS 6 {**Back, Side**} Matching the first two of the final three musical notes... Bk R comm LF trn, -, finish LF trn sd
and slightly fwd L CP WALL leading W to collect her L ft under body, - (*W fwd L, -, sd R swvling LF, -*) ;

---- 7 {**Throwaway Oversway & Extend**} Matching the final musical note... Lower on L w/R ft extended down RLOD
(*W lower on R while extending L behind body w/o taking wgt*) and develop R sd sway to end of music, -, - ;

Head Cues

Intro [LOPF DLW]

1 – 4 Wait ; Bounce 4 ; Step Ronde to Face, Explode Apart ; Lady Curved Walk 3, Man Recover, Closed ;

Part A [BJO DLC]

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Part A [BJO DLC]

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Part B [BJO DLC]

**1 – 8 Reverse Wave ; ; Pivot to Hairpin ; Back Feather ; Feather Finish ; Hover Telemark ;
Open Natural ; Hesitation Change ;**

Part A [BJO DLC]

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Part C [BJO DLC]

**1 – 8 Reverse Fallaway & Slip ; Double Reverse ; Curving Three Step ; Back Curving Three Step ;
Three Step ; Natural Weave ; ; Change of Direction ;**

Part A [BJO DLC]

**1 – 16 Double Reverse Overspin ; Reverse Wave Ending ; Impetus Semi ; Promenade Weave ; ;
Three Step ; Natural Hover Cross ; ; Telemark Semi ; Natural Preparation ; Same Foot Lunge ;
Telespin Ending, BJO ; Curved Feather & Check ; Outside Spin & Twist ; ; Feather Finish ;**

Ending [BJO DLC]

**1 – 7 Reverse Fallaway & Slip ; Reverse Wave ; ; Impetus Semi ; Quick Promenade Weave 4 ;
[Matching last three musical notes] Back, Side ; Throwaway Oversway & Extend ;**