This Is My Vow

Count: 32 **Wall:** 2 **Level:** Easy Advanced
Choreographer: Marlon Ronkes (NL) & Romain Brasme (FR) - March 2026
Music: This is My Vow - Duet Version - Songs of Worship AI

Intro: 16 Counts, Start at approx 19 secs

SEC 1 Full Pique Turn, Step Full Spiral, Run X3, ½ Step Sweep, Run X3, 1⅛ Rolling Turn

1	Step right forward full turn right hitching left knee (1:30)
2	Step left forward full spiral turn right hooking right over left (1:30)

Option: 1-2 Step right forward, step left forward

3&4	Step right forward, step left forward, step right forward
5	Turn ½ left step left forward sweeping right from back to front (7:30)
6&7	Step right forward, step left forward, step right forward
8&1	Turn ½ left step left forward, turn ⅛ left step right to right, turn ½ left step left to left (6:00)

SEC 2 Recover, Behind, Side Rock, ¼ Recover, ¼ Side, Arms

2&	Recover weight on to right, step left behind right
3-4&	Rock right to right, turn ¼ right recover weight on to left, turn ¼ right step right to right (12:00)
5	Place right hand down in front of right leg palm down
&	Place left hand down in front of left leg palm down
6	Raise both arms up
7-8	Lower both arms over 2 counts

SEC 3 Side Hitch, Sway, Sway, ¾ Step, Lift, Back, ¼ Side, Cross Sweep, Cross, ¼ Back, ⅜ Step Lift, Together Lift, Hitch

1-2&	Step left to left hitching right knee, step right to right swaying body right, sway body left
3	Turn ¼ right step right forward, turn ½ right lifting left back (9:00)
4&5	Step left back, turn ¼ right step right to right
5	Cross left over right sweeping right from back to front (12:00)
6&	Cross right over left, turn ¼ right step left back
7	Turn ⅜ right step right forward lifting left forward (7:30)
8&	Step left beside right lifting right back, hitch right

SEC 4 ⅛ Nightclub Basic, Side Lunge, Full Rolling Turn, Side, Cross, Side, ⅛ Back Rock

1-2&	Turn ⅛ left step right to right, step left beside right, cross right over left (6:00)
3	Lunge left to left
4&5	Turn ¼ right step right forward, turn ½ right step left back, turn ¼ right step right to right (6:00)
6&7	Step left to left, cross right over left, step left to left
8&	Turn ⅛ right rock right back, recover weight on to left (7:30)

Tag At the end of Walls 1 and 3
SEC 1 ⅛ Side, Arms movements

1&a2	Turn ⅛ left step right to right, transfer weight onto left (6:00)

Arms: Raise right arm up (&), raise left arm up (a), cross arms over body turning body to left (2)
Note: Turn ⅛ right to restart stepping right forward

Tag At the end of Wall 5
SEC 1 Side, Hold, ½ Point, ½ Point, Cross, Full Unwind, Side, Arms movements

1-2	Step right to right, hold
3-4	Turn ½ right point left to left, turn ½ right point left to left (6:00)

5&a6&	Cross left over right (5), full unwind turn right (&), step right to right, transfer weight onto left + arms movements (a6&) (6:00)

Arms: Raise right arm up (a), raise left arm up (6), cross arms over body turning body to left (&)
Note: Turn ⅛ right to restart stepping right forward

Last Update: 26 Mar 2026
