

Força (Keep Going)

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Talisa Jarrett (UK)

Musique: Forca - Nelly Furtado



HEEL SWITCHES, HOLD & CLAP, HEEL SWITCHES, HOLD & CLAP

- 1&2 Touch right heel forward, step down on right and touch left toe back
- &3 Step left in place, touch right heel forward
- &4 Hold for one beat while clapping hands twice
- 5&6 Touch left heel forward, step down on left and touch right toe back
- &7 Step right in place, touch left heel forward
- &8 Hold for one beat while clapping hands twice

SAILOR STEP, SAILOR ¼ TURN RIGHT, STEP ½ PIVOT RIGHT, LEFT SHUFFLE

- 1&2 Cross left behind right, step right to right side, step left in place
- 3&4 Cross right behind left, step left ¼ turn right, step right forward
- 5-6 Step forward left, pivot ½ turn over right shoulder placing weight on right
- 7&8 Step left forward, close right beside left, step left forward

FORWARD MAMBO, COASTER CROSS, RIGHT SIDE ROCK, CROSS SHUFFLE

- 1&2 Rock right forward, recover on left, step right back
- 3&4 Step left back, close right beside left, cross left over right
- 5-6 Rock right to right side, recover on left
- 7&8 Cross right over left, step left to left side, cross right over left

SIDE CLOSE, LEFT CHASSE TURNING ¼ LEFT, STEP ½ PIVOT LEFT, RIGHT SHUFFLE

- 1-2 Step left to left side, close right beside left
- 3&4 Step left to left side, close right beside left, turn ¼ left stepping forward left
- 5-6 Step right forward, pivot ½ turn over left shoulder placing weight on left
- 7&8 Step right forward, close left beside right, step right forward

FORWARD ROCK, BACK SHUFFLE, BACK SLIDE TWICE, BACK SHUFFLE

- 1-2 Rock left forward, recover onto right
- 3&4 Step left back, close right beside left, step left back
- 5-6 Slide right back, slide left back
- 7&8 Step right back, close left beside right, step right back

BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, SIDE ROCK CROSS

- 1-2 Rock back on left, recover on right
- 3&4 Turn ½ turn right stepping back on left, step right beside left, step back left
- 5-6 Rock back on right, recover on left
- 7&8 Rock right to right side, recover on left, cross right over left

SWAYS, TOUCH, ROLLING VINE FULL TURN

- 1-2 Sway hips to left side, sway hips to right side
- 3-4 Sway hips to left side, touch right beside left
- 5-6 Turn ¼ turn right onto right, turn ½ turn right stepping back on left
- 7-8 Turn ¼ turn right onto right, touch left beside right

STEP, POINT, CROSS, POINT, JAZZ BOX ¼ TURN, TOUCH

- 1-2 Step left forward, point right toe to right side

- 3-4 Cross right over left, point left toe to left side
- 5-6 Cross left over right, turn $\frac{1}{4}$ turn left stepping back on right
- 7-8 Step left to left side, touch right beside left

REPEAT
