

The Force (Uk Altered Version)

Compte: 68

Mur: 4

Niveau: Advanced

Chorégraphe: Debra Guard

Musique: Get Into Reggae Cowboy - The Bellamy Brothers



SLIDING HEEL SPLITS - BACKWARDS X 3, SWIVET, SCUFF, SCOOT, STEP-STEP-TOGETHER

- &1 Split heels, bring together sliding right foot behind left heel to instep
- &2 Split heels, bring together sliding left foot behind right heel to instep
- &3 Split heels, bring together sliding right foot behind left heel to instep
- &4 Weight on left toe & right heel swivel left heel to left & right toe to right: bring back together
- 5&6 Scuff right foot: scoot forward on left foot: step right foot forward
- 7&8 Small steps forward on left & right: step left foot beside right

JUMP APART & TOGETHER, 3 JUMPS RIGHT, HIP BUMPS

- 9-10 Jump feet apart & back together
- 11&12 Three jumps to right with feet together
- 13-15 Bump hips to right: bump hips to back: bump hips left
- &16 Bump hips forward: bump hips to place

KICK & TOUCH X 3 (TRAVEL BACK), KICK & STEP BACK

Traveling backwards on the following

- 17&18 Kick left forward: step left in place: touch right foot to right
- 19&20 Kick right forward: step right in place: touch left foot to left
- 21&22 Kick left forward: step left in place: touch right foot to right
- 23&24 Kick right forward: step right in place: step left foot back putting weight on left

BODY RIPPLE BACK & FORWARD & FEET TOGETHER, TOE SPLITS, STEP, TURN, STOMP

- 25-26 Body ripple back
- 27-28 Body ripple forward bringing left foot to place on last beat (weight even on both feet)
- 29& Split toes apart & back to center
- 30& Split toes apart & back to center
- 31-32 Step left making ¼ turn left: stomp right slightly forward of left

HIP BUMPS, ARM TO BUTT, STEP SLIDE FORWARD (THRUST PELVIS FORWARD. KEEP HAND ON BUTTOCK)

- 33&34& Bump hips forward twice
- 35&36 Bump hips forward twice
- 37-38 In a circular motion take right arm over shoulder & place on buttock
- &39 Slide right back: step forward left
- &40 Slide right to left: step forward left
- &41 Slide right to left: step forward left
- &42 Slide right to left: step forward left (remove hand on last beat)

SIDE TOE TAPS & SIDE SWITCHES (TRAVEL BACK), FEET TOGETHER

Traveling backwards on the following

- 43-44 Tap right toes to right side twice
- &45-46 Bring right foot to place: tap left toes to left side twice
- & Bring left foot to place
- 47 Tap right toes to right side
- & Bring right foot to place
- 48 Tap left toes to left side

& Bring left foot to place
49 Tap right toes to right side
50 Bring right foot back to place

KNEE ROLLS, KNOCK KNEES TOGETHER, STEP SCUFF & HITCH SLIGHTLY

51-52 Roll right knee out twice
53-54 Roll left knee out twice
55-56 Roll right knee: roll left knee
57-58 Knock knees together twice
59 Step forward on right
60& Scuff left foot forward & hitch slightly

CROSS - SCUFF TWICE, CROSS-UNWIND FULL TURN, STOMP & CLAP

61 Cross left over right (weight on left)
62& Scuff right foot forward & hitch left slightly
63 Cross right foot over left (weight on right)
64& Scuff left foot forward & hitch right slightly
65 Cross left foot over right foot (weight on left)
66 Unwind full turn to right
67 Stomp left foot next to right
68 Clap hands

REPEAT
