

# Força (Keep Going)

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Talisa Jarrett (UK)  
音乐: 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**

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