

# The Force (Uk Altered Version)

COPPER KNOB  
STEPSHEETS

拍数: 68      墙数: 4      级数: Advanced  
编舞者: Debra Guard  
音乐: 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**

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