

Forced 2 Feel

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Neil Cook (UK)
音乐: Only You - Ashanti



STOMP, STOMP, CLAP, HEEL TWISTS ¼ TURN, KICK BALL STEP, BOUNCE ½ TURN

- 1&2 Stomp right, stomp left, clap hands
- &3&4 Twist heels right, left, right and left making ¼ turn over right shoulder (3:00)
- 5&6 Right kick, ball, step left forward
- 7&8 Bounce heels making ½ turn over right shoulder (9:00)

TOUCH, BEHIND, UNWIND ¾, CROSS ROCK, ¼ SAILOR ¼ TURN

- 1 Touch right across left
- 2 Sweep right round behind left foot
- 3-4 Unwind ¾ turn over right shoulder (6:00)
- 5-6 Rock right across left and recover
- 7&8 Step left behind right making ¼ turn to left, step back on right, step forward on left (3:00)

TURNING WEAVE, FORWARD STEP LOCK STEP, RIGHT CHASSE

- 1 Step right foot forward making ¼ turn to left (12:00)
- & Step left foot behind right
- 2 Step right foot to right side making ¼ turn to right (3:00)
- & Step left foot forward making ¼ turn to right (6:00)
- 3 Step right foot behind left
- & Step left foot to left side making ¼ turn to right (9:00)
- 4 Step right foot next to left
- 5&6 Step left forward, lock right behind left, step left forward
- 7&8 Step right to right side, step left next to right and step right to right side

STEP SIDE, TOE, HEEL, TOE AND STEP TOUCH, BOUNCE ¼ TURN, KICK BALL TOUCH

- 1 Step left to left side
- 2 Touch right toes next to left
- & Touch right heel out diagonally forward to right
- 3 Touch right toes next to left
- & Step right foot out diagonally forward to right
- 4 Touch left toes behind right
- 5&6 Bounce on toes ¼ turn over left shoulder (6:00)
- 7&8 Kick left forward, step left in place, and touch right in place

STEP, KICK, AND COASTER STEP, AND STEP, KICK AND COASTER STEP

- 1 Step forward on right
- 2 Kick left forward
- &3 Step left in place, and step back on right
- &4 Step left in place, and step forward on right
- 5 Step forward on left
- 6 Kick right forward
- &7 Step right in place, and step back on left
- &8 Step right in place, and step forward on left

TURN AND GRAPEVINE RIGHT, GRAPEVINE LEFT, STEP, STEP, HIP BUMPS

- 1&2 Step right to right side making $\frac{1}{4}$ turn to left, step left behind right, step right to right side (3:00)
- 3&4 Step left to left side, step right behind left, step left to left side
- 5 Step forward on right
- 6 Step left next to right
- 7&8 Hip bumps left, right left

REPEAT
