

# Forca

拍數: 0                      牆數: 2                      級數: Intermediate  
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音樂: Forca - Nelly Furtado



Sequence: AA, BB, AA, BB, AA, BB, AA, BB

## PART A

### STEP RIGHT, BEHIND & CROSS, TAP-¼ TURN KICK, COASTER STEP RIGHT, CROSS LEFT

- 1                      Step right foot to right side
- 2&3                  Cross left foot behind right, step right foot to right side, cross left foot over right
- 4-5                  Tap right foot next left, kick right foot to right side with ¼ turn to right
- 6&7                  Step right foot back, step left on right, step right foot forward
- 8                      Cross left foot over right

### TAP-CROSS RIGHT, ¾ TURN, ½ TURN, CROSS-TAP

- 1-2                  Tap right foot to right side, cross right foot over left
- 3-4                  Step left foot back ¼ turn right, step right foot ¼ turn right
- 5-6                  Step left foot ¼ turn right, step right ½ turn to right side
- 7-8                  Cross left foot over right, tap right to right side

### CROSS UNWIND(½-LEFT), CHASSÉ RIGHT, ROCK STEP RIGHT, CROSS SHUFFLE

- 1-2                  Cross right foot over left, unwind a ½ turn over left shoulder
- 3&4                  Step right foot to right side, step left next to right, step right to right side
- &5-6                 Step left foot next right, rock right foot to right side, recover on left
- 7&8                  Cross right foot over left, step right next to left, cross right foot over left

### BRUSH ¼ LEFT-STEP, ROCK STEP RIGHT, ¼ TURN-BRUSH, CROSS UNWIND(½ RIGHT)

- 1-2                  Brush left foot ¼ to left side, step left foot forward
- 3-4                  Rock right foot forward, recover on left
- 5-6                  Step right foot ¼ turn right, brush left on place
- 7-8                  Cross left over right, unwind ½ turn over right shoulder

## PART B

### STEP-STEP, COASTER STEP, STEP-STEP, COASTER STEP

- 1                      Step right foot diagonal right forward and cross your right arm with fist on your trunk
- 2                      Step left foot diagonal left forward and cross your left arm with fist on your trunk
- 3&4                  Step right foot back, step left on right, step right foot forward
- 5                      Step left foot diagonal left forward and cross your left arm with fist on your trunk
- 6                      Step right foot diagonal right forward and cross your right arm with fist on your trunk
- 7&8                  Step left foot back, step right on left, step left foot forward

### ROCK FORWARD RIGHT, ROCK BACK RIGHT, ROCK SIDE RIGHT-STEP, ROCK FORWARD LEFT ROCK BACK LEFT, ROCK SIDE LEFT-STEP (WITH HANDS IN YOUR HIP)

- 1&2&                 Rock right foot forward, recover on left, rock right foot back, recover on left
- 3&4                  Rock right foot to right side, recover on left, step right foot on left
- 5&6&                 Rock left foot forward, recover on right, rock left foot back, recover on left
- 7&8                  Rock left foot to left side, recover on right, step left foot on right

REPEAT