

The Force

拍數: 65 牆數: 4 級數: Intermediate
編舞者: Tina Hebert (USA) & Damon D'Amico (USA)
音樂: Indian Outlaw - Tim McGraw



BACK STEPS AND TWISTS

- 1 Step back with right foot
- 2 Step back with left foot
- 3 Step right foot back next to left
- &4 Twist heels left, twist heels right

For steps 1-3 bend the arms at the elbows and make fists with the hands. On step 1, pull the right fist and shoulder back but do not twist at the waist. Do similarly for steps 2 and 3.

SCUFF AND SAILOR MOVE

- 5 Scuff right heel forward
- 6 Right foot down next to left
- 7 Step on left toe behind right foot while slightly lifting right foot
- &8 Right foot down, step left foot next to right

Steps 7&8 are a non-traveling left sailor move

FANS, SIDE HOPS AND HIP BUMPS:

- 9 Fan toes out and knees
- 10 Fan toes and knees back together
- 11 Hop on both feet to right
- &12 Hop on both feet to right, hop on both feet to right
- 13 Bump hips to right
- 14 Bump hips to left (option: instead, bump hips to back)
- 15 Bump hips to right (option: instead, bump hips to left)
- &16 Bump hips to left, bump hips to right (option: instead, bump hips to front and then to right)

SCUFF AND POINTS:

- 17 Scuff left heel forward
- &18 Left foot down aimed at 11 o'clock next to right, point right toe next to left heel (right knee points to 11 o'clock)
- 19 Scuff right heel forward
- &20 Right foot down aimed at 2 o'clock next to left, point left toe next to right heel (left knee points to 2 o'clock)

- 21-24 Repeat 1-4 above

STEP AND DIGS:

- 25 Step back on left foot to 7 o'clock bending knees and digging left shoulder
- Digging left shoulder refers to a motion similar to dipping the left shoulder under a chest high bar and then lifting the bar with the shoulder. May also be called a left back shoulder roll.**
- 26 Slide right foot back next to left
 - 27 Step forward on right foot to 2 o'clock bending knees and digging right shoulder
 - 28 Slide left foot forward next to right

FANS AND ¼ TURN LEFT:

- 29& Fan toes apart, fan toes together
- 30& Fan toes together, fan toes apart

- 31& Scuff right heel, hitch right knee while turning ¼ left
32 Stomp right foot

HIP BUMPS:

- 33 Bump hips right
34 Bump hips left
35& Bump hips right, bump hips left
36 Bump hips right

SLAP THAT HORSE:

- 37 Step forward with left foot
38 Exaggerated slap on right rump (makes your horse do the next moves)
39 Hop on both feet forward
&40 Hop on both feet forward, hop on both feet forward

Hand remains on rump for above steps 7, &8.

DOUBLE AND SINGLE TOE TOUCHES:

- 41 Touch right toe to right side
&42 Lift and touch right toe again
&43 Bring right foot back together and touch left toe to left side
&44 Lift and touch left toe again
&45 Bring left foot back together and touch right toe to right side
&46 Bring right foot back together and touch left toe to left side
&47 Bring left foot back together, and touch right toe to right side
48 Touch right toe next to side of left foot

KNEE ROLLS AND RUBBER LEGS:

- 49 Roll right knee to the left
50 Roll right knee to the left
51 Roll left knee to the right
52 Roll left knee to the right
53 Roll right knee to the left
54 Roll left knee to the right
&55 Knees apart, knees together
&56 Knees apart, knees together

SCUFF AND STOMPS:

- 57 Stomp with right foot
58 Scuff with left heel
59 Stomp with left foot
60 Scuff with right heel
61 Stomp with right foot
62 Scuff with left heel
63 Cross left in front placing toe beside right foot
64 Unwind with full turn to the right
- 65 Clap

REPEAT
