

# Forced 2 Feel

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Neil Cook (UK)  
音樂: 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**

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