

# Don't Force It

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Dave Munro (UK)  
音樂: Don't Push It Don't Force It - Leon Haywood



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## RIGHT KICKBALL-POINT LEFT, LEFT SAILOR ¼ TURN, RIGHT KICK-ROCK-RECOVER, RIGHT 3 COUNT JAZZ BOX

1&2      Kick right forward, step on ball of right foot, point left toe to left side  
3&4      Step left behind right, step right in place turn ¼ left, step left in place  
5&6      Kick right forward left diagonal, rock right to right side, recover onto left in place  
7&8      Cross right over left, step left back, step right to right side (facing 9:00)

## ¼ HINGE RIGHT, ½ HINGE RIGHT, LEFT SIDE SHUFFLE, ½ HINGE LEFT, ½ HINGE LEFT, RIGHT SIDE SHUFFLE

1      Pivot on right foot ¼ turn right stepping left to left side  
2      Pivot on left foot ½ turn over right shoulder stepping right to right side  
3&4      Step left to left side, step right next to left, step left to left side  
5      Pivot on left foot ½ turn left stepping right to right side  
6      Pivot on right foot ½ turn over left shoulder stepping left to left side  
7&8      Step right to right side, step left next to right, step right to right side (face 6:00)

## CROSS LEFT BEHIND UNWIND ¾, STEP ¼ LEFT, LEFT HEEL TAP, 3 COUNT LEFT VINE, KICK BALL CROSS. UNWIND ½ RIGHT

1-2      Cross left behind right unwind ¾ left, stepping onto left  
3      Right step forward ¼ turn left  
4      Left heel tap in place  
5-6&      Step left to left, step right behind left, step left to left  
7&8&      Kick right forward, step right next to left, cross left in front of right, unwind ½ right (facing 12:00)

## 2 HIP BUMPS, LEFT BACK-ROCK ¼ STEP BACK, RIGHT SIDE-ROCK STEP BACK, LEFT BACK COASTER

1&2&      With weight on right, bump hip left, recover, bump hip left, recover  
3&4      Rock left back, recover onto right pivot ¼ turn left, step left back  
5&6      Rock right to right side, recover onto left, step right back  
7&8      Step left back, step right next to left, step left forward (facing 9:00)

REPEAT

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