THE FORCE (UK ALTERED VERSION)

Count: 68 **Wall:** 4 **Level:** advanced

Choreographer: Debra Guard

Music: Get Into Reggae Cowboy by The Bellamy Brothers

SLIDING HEEL SPLITS - BACKWARDS X 3, SWIVET, SCUFF, SCOOT, STEP-STEP-TOGETHER

&1	Split heels, bring together sliding right foot behind left heel to instep
&2	Split heels, bring together sliding left foot behind right heel to instep
&3	Split heels, bring together sliding right foot behind left heel to instep
&4	Weight on left toe & right heel swivel left heel to left & right toe to right: bring back together
5&6	Scuff right foot: scoot forward on left foot: step right foot forward
7&8	Small steps forward on left & right: step left foot beside right

JUMP APART & TOGETHER, 3 JUMPS RIGHT, HIP BUMPS

9-10	Jump feet apart & back together
11&12	Three jumps to right with feet together
13-15	Bump hips to right: bump hips to back: bump hips left
&16	Bump hips forward: bump hips to place

KICK & TOUCH X 3 (TRAVEL BACK), KICK & STEP BACK

Traveling backwards on the following

17&18	Kick left forward: step left in place: touch right foot to right
19&20	Kick right forward: step right in place: touch left foot to left
21&22	Kick left forward: step left in place: touch right foot to right
23&24	Kick right forward: step right in place: step left foot back putting weight on left

BODY RIPPLE BACK & FORWARD & FEET TOGETHER, TOE SPLITS, STEP, TURN, STOMP

25-26	Body ripple back

27-28	Body ripple forward bringing left foot to place on last beat (weight even on both feet)
29&	Split toes apart & back to center
30&	Split toes apart & back to center
31-32	Step left making ¼ turn left: stomp right slightly forward of left

HIP BUMPS, ARM TO BUTT, STEP SLIDE FORWARD (THRUST PELVIS FORWARD. KEEP HAND ON BUTTOCK)

33&34&	Bump hips forward twice
35&36	Bump hips forward twice
37-38	In a circular motion take right arm over shoulder & place on buttock
&39	Slide right back: step forward left
&40	Slide right to left: step forward left
&41	Slide right to left: step forward left
&42	Slide right to left: step forward left (remove hand on last beat)

SIDE TOE TAPS & SIDE SWITCHES (TRAVEL BACK), FEET TOGETHER

Traveling backwards on the following

43-44	Tap right toes to right side twice
&45-46	Bring right foot to place: tap left toes to left side twice
&	Bring left foot to place
47	Tap right toes to right side
&	Bring right foot to place
48	Tap left toes to left side
&	Bring left foot to place
49	Tap right toes to right side
50	Bring right foot back to place

KNEE ROLLS, KNOCK KNEES TOGETHER, STEP SCUFF & HITCH SLIGHTLY

51-52	Roll right knee out twice
53-54	Roll left knee out twice
55-56	Roll right knee: roll left knee

57-58	Knock knees together twice
59	Step forward on right
60&	Scuff left foot forward & hitch slightly

CROSS - SCUFF TWICE, CROSS-UNWIND FULL TURN, STOMP & CLAP

61	Cross left over right (weight on left)
62&	Scuff right foot forward & hitch left slightly
63	Cross right foot over left (weight on right)
64&	Scuff left foot forward & hitch right slightly
65	Cross left foot over right foot (weight on left)
66	Unwind full turn to right
67	Stomp left foot next to right
68	Clap hands

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=54598