

FORÇA (KEEP GOING)

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Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Talisa Jarrett

Music: Forca by Nelly Furtado

HEEL SWITCHES, HOLD & CLAP, HEEL SWITCHES, HOLD & CLAP

- 1&2** Touch right heel forward, step down on right and touch left toe back
- &3** Step left in place, touch right heel forward
- &4** Hold for one beat while clapping hands twice
- 5&6** Touch left heel forward, step down on left and touch right toe back
- &7** Step right in place, touch left heel forward
- &8** Hold for one beat while clapping hands twice

SAILOR STEP, SAILOR $\frac{1}{4}$ TURN RIGHT, STEP $\frac{1}{2}$ PIVOT RIGHT, LEFT SHUFFLE

- 1&2** Cross left behind right, step right to right side, step left in place
- 3&4** Cross right behind left, step left $\frac{1}{4}$ turn right, step right forward
- 5-6** Step forward left, pivot $\frac{1}{2}$ turn over right shoulder placing weight on right
- 7&8** Step left forward, close right beside left, step left forward

FORWARD MAMBO, COASTER CROSS, RIGHT SIDE ROCK, CROSS SHUFFLE

- 1&2** Rock right forward, recover on left, step right back
- 3&4** Step left back, close right beside left, cross left over right
- 5-6** Rock right to right side, recover on left
- 7&8** Cross right over left, step left to left side, cross right over left

SIDE CLOSE, LEFT CHASSE TURNING $\frac{1}{4}$ LEFT, STEP $\frac{1}{2}$ PIVOT LEFT, RIGHT SHUFFLE

- 1-2** Step left to left side, close right beside left
- 3&4** Step left to left side, close right beside left, turn $\frac{1}{4}$ left stepping forward left
- 5-6** Step right forward, pivot $\frac{1}{2}$ turn over left shoulder placing weight on left
- 7&8** Step right forward, close left beside right, step right forward

FORWARD ROCK, BACK SHUFFLE, BACK SLIDE TWICE, BACK SHUFFLE

- 1-2** Rock left forward, recover onto right

- 3&4** Step left back, close right beside left, step left back
- 5-6** Slide right back, slide left back
- 7&8** Step right back, close left beside right, step right back

BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, SIDE ROCK CROSS

- 1-2** Rock back on left, recover on right
- 3&4** Turn ½ turn right stepping back on left, step right beside left, step back left
- 5-6** Rock back on right, recover on left
- 7&8** Rock right to right side, recover on left, cross right over left

SWAYS, TOUCH, ROLLING VINE FULL TURN

- 1-2** Sway hips to left side, sway hips to right side
- 3-4** Sway hips to left side, touch right beside left
- 5-6** Turn ¼ turn right onto right, turn ½ turn right stepping back on left
- 7-8** Turn ¼ turn right onto right, touch left beside right

STEP, POINT, CROSS, POINT, JAZZ BOX ¼ TURN, TOUCH

- 1-2** Step left forward, point right toe to right side
- 3-4** Cross right over left, point left toe to left side
- 5-6** Cross left over right, turn ¼ turn left stepping back on right
- 7-8** Step left to left side, touch right beside left

REPEAT