

# The Force (Uk Altered Version)

**COPPER** KNOB  
STEPSHEETS

Count: 68

Wall: 4

Level: Advanced

Choreographer: Debra Guard

Music: Get Into Reggae Cowboy - 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**

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