

Força (Keep Going)

64 count, 4 wall, beginner/intermediate level
Choreographer: Talisa Jarrett (UK) July 2004
Choreographed to: Força by Nelly Furtado, Album
Folklore

Start on Vocals

Section One-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 whilst 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 whilst clapping hands twice.

Section Two-Sailor Step, Sailor ¼ Turn Right, Step ½ 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 ¼ turn right. Step right forward.
5 - 6 Step forward left. Pivot ½ turn over right shoulder placing weight on right.
7&8 Step left forward. Close right beside left. Step left forward.

Section Three-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.

Section Four-Side Close, Left Chasse Turning ¼ Left, Step ½ 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 ¼ left stepping forward left.
5 - 6 Step right forward. Pivot ½ turn over left shoulder placing weight on left.
7&8 Step right forward. Close left beside right. Step right forward.

Section Five-Forward Rock, Back Shuffle, Back Slide x2, 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.

Section Six-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.

Section Seven-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.

Section Eight-Step, Point, Cross, Point, Jazzbox 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.