

Forced 2 Feel

48 count, 4 wall, intermediate level
Choreographer: Neil Cook (Jan 05)
Choreographed to: Only You By Ashanti

Intro: 16 Counts

Section 1- Stomp, Stomp, Clap, Heel Twists ¼ turn, Kick ball step, Bounce ½ turn

- 1&2 Stomp right, Stomp left, Clap hands
&3 &4 Twist heels right, left, right and left making ¼ turn over right shoulder (3 O'Clock)
5 & 6 Right kick, ball, step left forward
7 & 8 Bounce heels making 1/2 turn over right shoulder (9 O'Clock)

Section 2- Touch, Behind, Unwind ¾, Cross rock, ¼ Sailor ¼ turn

- 1 Touch right across left
2 Sweep right round behind left foot
3-4 Unwind 3/4 turn over right shoulder (6 O'Clock)
5-6 Rock right across left and recover
7 & 8 Step left behind right making 1/4 turn to left, step back on right, step forward on left (3 O'Clock)

Section 3- Turning weave, forward step lock step, right chasse

- 1 Step right foot forward making 1/4 turn to left (12 O'Clock)
& Step left foot behind right
2 Step right foot to right side making 1/4 turn to right (3 O'Clock)
& Step left foot forward making 1/4 turn to right (6 O'Clock)
3 Step right foot behind left
& Step left foot to left side making 1/4 turn to right (9 O'Clock)
4 Step right foot next to left
5 & 6 Step left forward, lock right behind left, step left forward
7 & 8 Step right to right side, step left next to right and step right to right side

Section 4- Step side, toe, heel, toe and step touch, bounce ¼ turn, Kick ball touch

- 1 Step left to left side
2 Touch right toes next to left
& Touch right heel out diagonally forward to right
3 Touch right toes next to left
& Step right foot out diagonally forward to right
4 Touch left toes behind right
5 & 6 Bounce on toes 1/4 turn over left shoulder (6 O'Clock)
7 & 8 Kick left forward, step left in place, and touch right in place

Section 5- Step, Kick, and Coaster Step, and Step, Kick and Coaster Step

- 1 Step forward on right
2 Kick left forward
& 3 Step left in place, and step back on right
& 4 Step left in place, and step forward on right
5 Step forward on left
6 Kick right forward
& 7 Step right in place, and step back on left
& 8 Step right in place, and step forward on left

Section 6- Turn and Grapevine right, Grapevine left, Step, Step, Hip Bumps

- 1 & 2 Step right to right side making 1/4 turn to left, step left behind right, step right to right side (3 O'Clock)
3 & 4 Step left to left side, step right behind left, step left to left side
5 Step forward on right
6 Step left next to right
7 & 8 Hip bumps left, right left
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