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| A Little Tension |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Alison Metelnick (UK) & Peter Metelnick (UK) - March 2018 | | | | |
| **Music:** | Tension - Fergie | | | | |
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**#16 count intro on verse vocal – 8 secs – 3 mins 23secs – 110bpm**

**Music Available: Amazon - No Tags Or Restarts**

**[1-8] Walk fwd 2, R kick ball step, R fwd rock/recover, R shuffle back**

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| 1-2 | Step R forward, step L forward |

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| 3&4 | Kick R forward, step R together, step L forward |

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| --- | --- |
| 5-6 | Rock R forward, recover weight on L |

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| 7&8 | Step R back, step L together, step R back |

**[9-16] L back touch, ½ L reverse pivot, R fwd, ½ L pivot turn, R/L fwd cross points**

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| 1-2 | Touch L back, turning ½ left step down on L (6 o’clock) |

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| 3-4 | Step R forward, pivot ½ left (12 o’clock) |

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| 5-6 | Cross step R over L, point L side |

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| 7-8 | Cross step L over R, point R side |

**[17-24] R jazz box ball cross side, weave R 2 with ¼ R, L fwd rock/recover**

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| --- | --- |
| 1-2 | Cross step R over L, step L back |

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| --- | --- |
| &3-4 | Step R side, cross step L over R, step R side |

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| --- | --- |
| 5-6 | Cross step L behind R, turning ¼ right step R forward (3 o’clock) |

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| --- | --- |
| 7-8 | Rock L forward, recover weight on R |

**[25-32] L back, walk fwd R/L, R fwd, ½ L pivot turn, R fwd shuffle, L fwd rock/recover, L back**

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| &1-2 | Step L back, step R forward, step L forward |

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| 3-4 | Step R forward, pivot ½ left (9 o’clock) |

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| --- | --- |
| 5&6 | Step R forward, step L together, step R forward |

|  |  |
| --- | --- |
| 7-8& | Rock L forward, recover weight on R, step L back |

**Contact: Tel: 01462 735778 Email: info@thedancefactoryuk.co.uk Website: www.thedancefactoryuk.co.uk**

**Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P**