

# Tense 2 Loose 2 Slack

Compte: 32

Mur: 4

Niveau: Improver social cha

Chorégraphe: Jan Brookfield (UK)

Musique: From Tense to Loose to Slack - The Keys



## BACK ROCK, HALF TURN SHUFFLE, BACK ROCK, SHUFFLE FORWARD

- 1-2 Rock back on right, rock forward onto left
- 3&4 Shuffle on right, left, right making a half turn over left shoulder
- 5-6 Rock back on left, rock forward onto right
- 7&8 Shuffle forward on left, right, left

## HALF PIVOT, QUARTER PIVOT, CROSS, SIDE, SAILOR STEP

- 9-10 Step right forward, pivot half turn over left shoulder (weight now on left)
- 11-12 Step right forward, pivot quarter turn over left shoulder (weight now on left, facing 9:00)
- 13-14 Step right across in front of left, step left to side
- 15&16 Step right slightly behind left, step on left to side, rock weight onto right

## CROSS, QUARTER TURN, HALF TURN SHUFFLE ROCK STEP, COASTER STEP

- 17-18 Step left across in front of right, making a quarter turn left step back on right
- 19&20 Shuffle on left, right, left making a half turn over left shoulder (12:00)
- 21-22 Rock forward on right, rock back onto left
- 23&24 Step back on right, step on left next to right, step forward on right

## ROCK STEP, HALF TURN, QUARTER TURN, BACK ROCK, SIDE STEP, DRAG

- 25-26 Step left forward, rock back onto right
- 27-28 Making half a turn over left shoulder, step forward on left making a quarter turn over left shoulder, step right to side
- 29-30 Rock back on left slightly behind right, rock onto right
- 31-32 Step on left to left side, drag right towards left foot, keeping weight on left

## REPEAT

## TAG

On wall 6, start as normal up to count 12 (you will be facing 12:00). Add tag as follows:

- 1-4 Bump hips right, left, right, left

Leave out counts 13-32 and restart the dance

## ENDING

Facing 3:00 after count 12

- 1-2&3-4 Stomp right, left-right-left, hold