

# Tension

**COPPER** KNOB  
STEPPERS

拍数: 64      墙数: 2      级数: Advanced  
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音乐: Tension - Fergie : (amazon)



Intro: 16 counts (8 secs)

## S1: WALK, PRESS, RECOVER/SWEEP, BEHIND SIDE SWAY, SWAY, SWAY & CROSS, $\frac{1}{8}$ , TOGETHER

- 1-2-3      Walk forward on right, Press forward on left, Recover on right ronde sweeping left around from front to back  
4&5      Step left behind right, Step right to right side, Sway left stepping left to left side  
6-7&      Sway right, Sway left, Step right next to left  
8&1      Cross left over right,  $\frac{1}{8}$  left stepping slightly back on right, Step left next to right [10:30]

## S2: WALK, WALK, FWD MAMBO, $\frac{1}{2}$ , $\frac{7}{8}$ , L CHASSE

- 2-3      Walk forward on right, Walk forward on left  
4&5      Rock forward on right, Recover on left, Step right next to left  
6-7       $\frac{1}{2}$  left stepping forward on left,  $\frac{7}{8}$  pencil turn over left shoulder (weight on right) [6:00]  
8&1      Step left to left side, Step right next to left, Step left to left side

## S3: CROSS ROCK, R CHASSE, CROSS, SIDE, SAILOR $\frac{1}{2}$ CROSS

- 2-3      Cross rock right over left, Recover on left  
4&5      Step right to right side, Step left next to right, Step right to right side  
6-7      Cross left over right, Step right to right side  
8&1      Cross left behind right,  $\frac{1}{2}$  left stepping right to right side, Cross left over right [12:00]

## S4: HOLD, $\frac{1}{8}$ BEHIND, HOLD, $\frac{1}{8}$ CROSS, $\frac{1}{8}$ BEHIND, $\frac{1}{8}$ CROSS $\frac{1}{8}$ TOGETHER

- 2&3-4      HOLD,  $\frac{1}{8}$  left stepping right to right side, Cross left behind right, HOLD [10:30]  
&5&6       $\frac{1}{8}$  left stepping right to right side, Cross left over right,  $\frac{1}{8}$  left stepping right to right side, Cross left behind right [7:30]  
&7&8       $\frac{1}{8}$  left stepping right to right side, Cross left over right,  $\frac{1}{8}$  left stepping right to right side, Step left next to right [4:30]

## S5: WALK, WALK, ANCHOR STEP, $\frac{1}{8}$ BACK, REVERSE ANCHOR STEP, WALK

- 1-2      Walk forward on right, Walk forward on left  
3&4      Lock right behind left, Step weight onto left, Step slightly back on right  
5-       $\frac{1}{8}$  left stepping back on left, [3:00]  
6&7      Cross right over left, Step weight on left, Step forward on right  
8      Walk forward on left

## S6: POINT, HOLD, & POINT & CROSS, BACK, SIDE, CROSS SHUFFLE

- 1-2&      Point right to right side, HOLD, Step right next to left  
3&4      Point left to left side, Step left next to right, Cross right over left  
5-6      Step back on left pushing hips back, Step right to right side  
7&8      Cross left over right, Step right to right side, Cross left over right

## S7: 'C' BUMP UP & DOWN, $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{4}$ 'C' BUMP UP & DOWN, $\frac{1}{4}$ , $\frac{1}{4}$ POINT

- 1&2      Touch right to right side bumping hips up, Bump hips down to left, Step down on right bumping hips right  
3-4       $\frac{1}{4}$  left stepping forward on left,  $\frac{1}{2}$  left stepping back on right [6:00]  
5&6       $\frac{1}{4}$  left touching left to left side bumping hips up, Bump hips down to right, Step down on left bumping hips left [3:00]  
7-8       $\frac{1}{4}$  right stepping forward on right,  $\frac{1}{4}$  right pointing left to left side [9:00]

**S8: CROSS, BACK & STEP LOCK &, ROCK, RECOVER, DRAG, BACK TOGETHER**

- 1-2&            Cross left over right, ¼ left stepping back on right, Step left slightly to left side [6:00]  
3-4&            Step forward on right, Lock left behind right, Step forward on right  
5-6             Rock forward on left, Recover on right  
7-8&            Long step back on left dragging right to left, Step back on right, Step left next to right

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