

Tension Cha

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Martin Humphrey (UK) - July 2025
音乐: Tension - Kylie Minogue



Intro: 32 Counts
No tags or Restarts

SECTION 1: R Rock/Recover, R Shuffle Back, L Step ¼ Turn, R Step Together, L Shuffle Forward

1 2 Rock forward on Right, Recover weight onto Left
3&4 Step back on Right, Step Left beside Right, Step back on Right (12.00)
5 6 Step Left to Left side turning ¼ Left, Step Right beside Left (9.00)
7&8 Step forward on Left, Step Right beside Left, Step forward on Left

SECTION 2: R Side Rock/Recover, R Cross Shuffle, Hinge ½ Turn, L Cross Shuffle

1 2 Rock Right to right side, Recover weight onto Left
3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
5 6 Step Left back turning ¼ Right, Step Right to side turning another ¼ Right (3.00)
7&8 Cross Left over Right, Step Right to Right side, Cross Left over Right

SECTION 3: Side Step R, Twist Heels ¼ Turn L Hook L, L Shuffle Forward, R Rock/Recover with R Hook, R Shuffle Forward

1 Step Right to Right side (Option to dip as you step)
2 Twist both heels turning ¼ Left leaning back on Right hooking Left over Right (12.00)
3&4 Step forward on Left, Step Right beside Left, Step forward on Left
5 6 Rock forward on Right, Recover weight onto Left hooking Right across Left
7&8 Step forward on Right, Step Left beside Right, Step forward on Right

SECTION 4: L Cross Rock/Recover, Chassis ¼ Turn L, Step R, Pivot ½ Turn L, Walk R, L

1 2 Cross rock Left over Right, Recover weight onto Right
3&4 Step Left to Left side, Step Right beside Left, ¼ turn Left Stepping forward on Left (9.00)
5 6 Step forward on Right, Pivot ½ turn Left (3.00)
7 8 Step Right forward, Step Left forward (Option to make a full turn forward over Left shoulder stepping Right, Left)

Start again :-)

Ending: On the last wall Dance 10 counts (R Side rock/recover 9.00) (when just the piano is playing) Run round to the front