

TENSE 2 LOOSE 2 SLACK

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Count: 32 **Wall:** 4 **Level:** beginner/intermediate social cha

Choreographer: Jan "Stray Cat" Brookfield

Music: From Tense To Loose To Slack by 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