

# Tension

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Magali CHABRET - October 2017

**Music:** Tension (Fergie) - [CD : Double Dutchess, 21, September 2017] 110 bpm

## #16 counts intro

### S1 : WALK, WALK, TRIPLE STEP FWD, POINT FWD, POINT BACK, TRIPLE STEP FWD

- 1-2      Step RF forward – step LF forward
- 3&4      Step RF forward – step LF next to RF – step RF forward
- 5-6      Point left toe forward – point left toe back
- 7&8      Step LF forward – step RF next to LF – step LF forward

### S2 : CROSS, ¼ TURN R, CHASSE, POINT CROSS, POINT SIDE, CROSS, POINT

- 1-2      Cross RF over LF – turn 1/4 right stepping back on LF (3:00)
- 3&4      Step RF to side – step LF beside RF – step RF to side
- 5-6      Touch left toe diagonally right forward – point left toe to left side
- 7-8      Cross LF over RF – point right toe to right side

### S3 : R SAILOR STEP, L SAILOR ¼ TURN L, PIVOT ¼ TURN L, CROSS, ¼ TURN R

- 1&2      Step RF behind LF – step LF to side – step RF to side
- 3&4      Step LF behind RF – turn 1/4 left stepping RF beside LF – step LF forward (12:00)
- 5-6      Step RF forward – pivot 1/4 turn left (9:00)
- 7-8      Cross RF over LF – turn 1/4 right stepping back on LF (12:00)

### S4 : 1/2 TURN R, STEP, ½ TURN R, TRIPLE STEP FWD, ROCK FWD, SWITCH, ROCK FWD

- 1-2      Turn 1/2 right stepping RF forward – step LF forward (6:00)
- 3&4      Turn 1/2 right stepping RF forward – step LF beside RF – step RF forward (12:00)
- 5-6      Rock forward on LF – recover onto RF
- &7-8      Step LF next to RF – rock forward on RF – recover onto LF

**\*\* Restart here, during wall 5, facing 12:00**

### S5 : 2 WALKS BACK, COASTER CROSS ¼ TURN R, SIDE, CROSS, ¼ TURN R, SIDE

- 1-2 Step back on RF – step back on LF
- 3&4 Step back on ball of RF – close LF next to RF – turn 1/4 right crossing RF over LF (3:00)
- 5-6 Step LF to side – cross RF over LF
- 7-8 Turn 1/4 right stepping LF back – step RF to side (6:00)

### **S6 : CROSS SHUFFLE, SIDE ROCK, SWITCH, SIDE ROCK, SWITCH, 2 WALKS FWD**

- 1&2 Cross LF over RF – step RF to side – cross LF over RF
- 3-4 Rock RF to side – recover onto LF
- &5-6 Close RF next to LF – rock LF to side – recover onto RF
- &7-6 Close LF next to RF – step RF forward – step LF forward

### **S7 : HIP BUMPS TURNING ½ L, STEP, HITCH, ROCK FWD**

- 1-2 Turn 1/4 left stepping right toe to side and bump right – drop right heel
- 3-4 Turn 1/4 left stepping left toe forward and bump left – drop left heel (12:00)
- 5-6 Step RF forward – raise on right toe hitching left knee
- 7-8 Rock LF forward – recover onto RF

### **S8 : TRIPLE STEP BACK, STEP BACK, DRAG, CLOSE, STEP, ½ TURN L, DIG, STEP**

- 1&2 Step LF back – step RF beside LF – step LF back
- 3-4-5-6 Long step RF back – drag LF – close LF next to RF – step RF forward
- 7-8 Turn 1/2 left and tap left toe forward – step LF forward (6:00)

**« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)**

**Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.**