

Tension

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Count: 64 **Wall:** 2 **Level:** Advanced

Choreographer: Gary O'Reilly & Maggie Gallagher (October 2017)

Music: Tension by 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&3-4HOLD, $\frac{1}{8}$ 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&8¹/₈ left stepping right to right side, Cross left over right, ¹/₈ left stepping right to right side, Step left next to right [4:30]

S5: WALK, WALK, ANCHOR STEP, 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

5-¹/₈ 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, ¹/₄, ¹/₂, ¹/₄ 'C' BUMP UP & DOWN, ¹/₄, 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

3-4¹/₄ left stepping forward on left, ¹/₂ left stepping back on right [6:00]

5&6¹/₄ left touching left to left side bumping hips up, Bump hips down to right, Step down on left bumping hips left [3:00]

7-8¹/₄ right stepping forward on right, 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, ¹/₄ 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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