

# A Little Tension

**COPPER** **KNOB**  
BY STEPHEN METZ

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Alison Metelnick (UK) & Peter Metelnick (UK) - March 2018

**Music:** Tension - Fergie



**#16 count intro on verse vocal – 8 secs – 3 mins 23secs – 110bpm**

**Music Available: Amazon - No Tags Or Restarts**

**[1-8] Walk fwd 2, R kick ball step, R fwd rock/recover, R shuffle back**

- 1-2 Step R forward, step L forward
- 3&4 Kick R forward, step R together, step L forward
- 5-6 Rock R forward, recover weight on L
- 7&8 Step R back, step L together, step R back

**[9-16] L back touch, ½ L reverse pivot, R fwd, ½ L pivot turn, R/L fwd cross points**

- 1-2 Touch L back, turning ½ left step down on L (6 o'clock)
- 3-4 Step R forward, pivot ½ left (12 o'clock)
- 5-6 Cross step R over L, point L side
- 7-8 Cross step L over R, point R side

**[17-24] R jazz box ball cross side, weave R 2 with ¼ R, L fwd rock/recover**

- 1-2 Cross step R over L, step L back
- &3-4 Step R side, cross step L over R, step R side
- 5-6 Cross step L behind R, turning ¼ right step R forward (3 o'clock)
- 7-8 Rock L forward, recover weight on R

**[25-32] L back, walk fwd R/L, R fwd, ½ L pivot turn, R fwd shuffle, L fwd rock/recover, L back**

- &1-2 Step L back, step R forward, step L forward
- 3-4 Step R forward, pivot ½ left (9 o'clock)
- 5&6 Step R forward, step L together, step R forward
- 7-8& Rock L forward, recover weight on R, step L back

**Contact: Tel: 01462 735778 Email: [info@thedancefactoryuk.co.uk](mailto:info@thedancefactoryuk.co.uk) Website: [www.thedancefactoryuk.co.uk](http://www.thedancefactoryuk.co.uk)**

**Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P**

---