

# All This Tension

**COPPER** **NOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Improver / Intermediate

**Chorégraphe:** Donnie Allen (USA) - December 2017

**Musique:** Tension - Fergie



**Intro: 16 counts - NO TAGS, NO RESTARTS**

## **SKATE, SKATE, DIAGONAL R SHUFFLE FORWARD, SKATE, SKATE, LEFT SHFFLE FORWARD**

1-2 Skate R forward, Skate L forward  
3&4 Shuffle forward diagonal R, L, R  
5-6 Skate L forward, Skate R forward  
7&8 Shuffle forward diagonal L, R, L

## **CROSS ROCK R, RECOVER, R SIDE SHUFFLE, CROSS ROCK L, RECOVER, 1/4 TURN L SHUFFLE FORWARD**

1-2 Cross R over L, Recover L  
3&4 Step R to R side, Step L next to R, Step R to R side  
5-6 Cross L over R, Recover R  
7&8 1/4 turn L Shuffle forward L, R, L

## **WALK, WALK, ANCHOR STEP, L COASTER STEP, 1/4 TURN L HIP BUMPS**

1-2 Walk forward R, L  
3&4 Lock R behind L, Step weight onto L, Step slightly back on R  
5&6 Step back on L, Step R next to L, Step forward on L  
7-8 Turn 1/4 L stepping R toe to side and bump R hip – drop R heel

## **1/4 TURN L HIP BUMPS, KICK BALL CHANGE, POINT R HOLD, POINT L HOLD**

1-2 Turn 1/4 L stepping L toe forward and bump L hip – drop L heel  
3&4 Kick R forward, Step ball of R beside L, Step L beside R  
5-6& Point R to R side, HOLD, Step R next to L  
7-8& Point L to L side, HOLD, Step L next to R foot. (Start dance over Count 1 Skate R)

**Hope you enjoy!**

**Donnie**

**Email:** [linedancer51@yahoo.com](mailto:linedancer51@yahoo.com)

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