

# Lots of Tension

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Judy Rodgers (USA) - January 2018

Musique: Tension - Fergie



**Intro: 16 counts - (No Tags - No Restarts)**

**S1: Step, drag/touch, turn 1/4 L step, drag, ball cross, side, sailor turn 1/4 L**

- 1-2 Step big step right with R, drag/touch L beside R
- 3-4 Turn 1/4 left step big step left with L, drag R to L - 9:00
- &5-6 Step R beside L, cross L over R, step R to right side
- 7&8 Turn 1/4 left step L behind R, step R to right side, step L fwd - 6:00

**S2: Hip bumps, mambo step, side, behind, side, cross, side, clap clap**

- 1&2 Bump hips fwd R L R
- 3&4 Rock L fwd, recover R, step L back
- 5&6& Step R to right side, step L behind R, step R to right side, step L across R
- 7&8 Step R to right side, clap, clap (weight on R)

**S3: Rock, recover, shuffle turn 1/2, V-step**

- 1-2 Rock L forward, recover to R
- 3&4 Turn 1/2 left shuffle L R L fwd - 12:00
- 5-6 Step R out, step L out
- 7-8 Step R in, step L in

**S4: Side, behind, shuffle turn 1/4 R, step/ bump & bump & bump, hold**

- 1-2 Step R to right side, step L behind R
- 3&4 Turn 1/4 right shuffle fwd R L R - 3:00
- 5&6&7-8 Step L as you bump hips left & left & left, hold

**(\*\*styling: Lean a little more left each time you bump left)**

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