

Tension

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Magali CHABRET (FR) - October 2017
音乐: Tension - Fergie : (CD: Double Dutchess)



#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 - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.
