

Tension

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
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音乐: Tension - 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&3-4 HOLD, $\frac{1}{8}$ 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&8 $\frac{1}{8}$ left stepping right to right side, Cross left over right, $\frac{1}{8}$ left stepping right to right side, Step left next to right [4:30]

S5: WALK, WALK, ANCHOR STEP, $\frac{1}{8}$ 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- $\frac{1}{8}$ 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, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{4}$ 'C' BUMP UP & DOWN, $\frac{1}{4}$, $\frac{1}{4}$ POINT

1&2 Touch right to right side bumping hips up, Bump hips down to left, Step down on right bumping hips right
3-4 $\frac{1}{4}$ left stepping forward on left, $\frac{1}{2}$ left stepping back on right [6:00]
5&6 $\frac{1}{4}$ left touching left to left side bumping hips up, Bump hips down to right, Step down on left bumping hips left [3:00]
7-8 $\frac{1}{4}$ right stepping forward on right, $\frac{1}{4}$ right pointing left to left side [9:00]

S8: CROSS, BACK & STEP LOCK &, ROCK, RECOVER, DRAG, BACK TOGETHER

1-2& Cross left over right, ¼ 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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