

All This Tension

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Donnie Allen (USA) - December 2017
音乐: Tension - Fergie



Intro: 16 counts - NO TAGS, NO RESTARTS

SKATE, SKATE, DIAGONAL R SHUFFLE FORWARD, SKATE, SKATE, LEFT SHUFFLE 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

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