

Tension

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: KyungOk Kim (KOR) - May 2021
音乐: Tension - Fergie



#16 Count Intro - No Tags Or Restarts

Sec1: FWD WALKS R, L, FWD KICK & POINT R, L, SWAY R, L

1-2 RF step forward, LF step forward
3&4 RF kick forward, RF step to next LF, LF point to L side
5&6 LF kick forward, LF step to next RF, RF point to R side
7-8 RF sway to R, LF sway to L

Sec2: LUNGE ACTION, FWD 1/4 L, 1/2 L BACK LOCKSTEP, PONY STEP, ROCK BACK

1-2 RF step side lunge action bending knee RF, LF step forward 1/4 turn L (9:00)
3&4 RF 1/2 turn L ballstep back, LF step lock across R, RF step back (3:00)
5&6 LF step back on L popping R knee forward, RF recover on R again, LF step back
7-8 RF rock back, LF recover on LF

Sec3: SAMBA CROSS R, L, FWD TOE PRESS & IN PLACE

1&2 RF cross over L, LF ballstep to L side, RF recover on RF
3&4 LF cross over R, RF ballstep to R side, LF recover on LF
5-8 RF toe forward press, RF step close to LF, LF toe forward press, LF step close to RF

Sec4: ROCK FWD, RECOVER, 1/2 R TRIPLE STEP, ROCK FWD, COASTER STEP

1-2 RF rock forward, LF recover on LF
3&4 Triple 1/2 R turn forward RF, LF, RF (9:00)
5-6 LF rock forward, RF recover on RF
7&8 LF step back, RF step close to LF, LF step forward

ENJOY THE DANCE ~~

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