

# Tense 2 Loose 2 Slack

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver social cha  
编舞者: Jan Brookfield (UK)  
音乐: From Tense to Loose to Slack - The Keys



## BACK ROCK, HALF TURN SHUFFLE, BACK ROCK, SHUFFLE FORWARD

1-2      Rock back on right, rock forward onto left  
3&4      Shuffle on right, left, right making a half turn over left shoulder  
5-6      Rock back on left, rock forward onto right  
7&8      Shuffle forward on left, right, left

## HALF PIVOT, QUARTER PIVOT, CROSS, SIDE, SAILOR STEP

9-10      Step right forward, pivot half turn over left shoulder (weight now on left)  
11-12      Step right forward, pivot quarter turn over left shoulder (weight now on left, facing 9:00)  
13-14      Step right across in front of left, step left to side  
15&16      Step right slightly behind left, step on left to side, rock weight onto right

## CROSS, QUARTER TURN, HALF TURN SHUFFLE ROCK STEP, COASTER STEP

17-18      Step left across in front of right, making a quarter turn left step back on right  
19&20      Shuffle on left, right, left making a half turn over left shoulder (12:00)  
21-22      Rock forward on right, rock back onto left  
23&24      Step back on right, step on left next to right, step forward on right

## ROCK STEP, HALF TURN, QUARTER TURN, BACK ROCK, SIDE STEP, DRAG

25-26      Step left forward, rock back onto right  
27-28      Making half a turn over left shoulder, step forward on left making a quarter turn over left shoulder, step right to side  
29-30      Rock back on left slightly behind right, rock onto right  
31-32      Step on left to left side, drag right towards left foot, keeping weight on left

## REPEAT

## TAG

On wall 6, start as normal up to count 12 (you will be facing 12:00). Add tag as follows:

1-4      Bump hips right, left, right, left

Leave out counts 13-32 and restart the dance

## ENDING

Facing 3:00 after count 12

1-2&3-4      Stomp right, left-right-left, hold