

# Tension

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Magali CHABRET (FR) - October 2017  
音樂: 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.**

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