

# Tension

**COPPER** KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Gary O'Reilly (IRE) & Maggie Gallagher (UK) - October 2017  
音樂: Tension - Fergie : (amazon)



**Intro: 16 counts (8 secs)**

## **S1: WALK, PRESS, RECOVER/SWEEP, BEHIND SIDE SWAY, SWAY, SWAY & CROSS, 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, 1/8 left stepping slightly back on right, Step left next to right [10:30]

## **S2: WALK, WALK, FWD MAMBO, 1/2, 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      1/2 left stepping forward on left, 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 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, 1/2 left stepping right to right side, Cross left over right [12:00]

## **S4: HOLD, 1/8 BEHIND, HOLD, 1/8 CROSS, 1/8 BEHIND, 1/8 CROSS 1/8 TOGETHER**

2&3-4      HOLD, 1/8 left stepping right to right side, Cross left behind right, HOLD [10:30]  
&5&6      1/8 left stepping right to right side, Cross left over right, 1/8 left stepping right to right side, Cross left behind right [7:30]  
&7&8      1/8 left stepping right to right side, Cross left over right, 1/8 left stepping right to right side, Step left next to right [4:30]

## **S5: WALK, WALK, ANCHOR STEP, 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-      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, 1/4, 1/2, 1/4 'C' BUMP UP & DOWN, 1/4, 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      1/4 left stepping forward on left, 1/2 left stepping back on right [6:00]  
5&6      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      1/4 right stepping forward on right, 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

[www.maggieg.co.uk](http://www.maggieg.co.uk) or [www.facebook.com/MaggieGChoreographer](https://www.facebook.com/MaggieGChoreographer)

[oreillygaryone@gmail.com](mailto:oreillygaryone@gmail.com) or <https://www.facebook.com/gary.reilly.104>

Last Update - 7th Nov. 2017

---