

Lots of Tension

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - January 2018
音樂: Tension - Fergie



Intro: 16 counts - (No Tags - No Restarts)

S1: Step, drag/touch, turn 1/4 L step, drag, ball cross, side, sailor turn 1/4 L

1-2 Step big step right with R, drag/touch L beside R
3-4 Turn 1/4 left step big step left with L, drag R to L - 9:00
&5-6 Step R beside L, cross L over R, step R to right side
7&8 Turn 1/4 left step L behind R, step R to right side, step L fwd - 6:00

S2: Hip bumps, mambo step, side, behind, side, cross, side, clap clap

1&2 Bump hips fwd R L R
3&4 Rock L fwd, recover R, step L back
5&6& Step R to right side, step L behind R, step R to right side, step L across R
7&8 Step R to right side, clap, clap (weight on R)

S3: Rock, recover, shuffle turn 1/2, V-step

1-2 Rock L forward, recover to R
3&4 Turn 1/2 left shuffle L R L fwd - 12:00
5-6 Step R out, step L out
7-8 Step R in, step L in

S4: Side, behind, shuffle turn 1/4 R, step/ bump & bump & bump, hold

1-2 Step R to right side, step L behind R
3&4 Turn 1/4 right shuffle fwd R L R - 3:00
5&6&7-8 Step L as you bump hips left & left & left, hold

(styling: Lean a little more left each time you bump left)**