

A Little Tension

COPPER **KNOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - March 2018
音樂: Tension - Fergie



#16 count intro on verse vocal – 8 secs – 3 mins 23secs – 110bpm

Music Available: Amazon - No Tags Or Restarts

[1-8] Walk fwd 2, R kick ball step, R fwd rock/recover, R shuffle back

1-2 Step R forward, step L forward
3&4 Kick R forward, step R together, step L forward
5-6 Rock R forward, recover weight on L
7&8 Step R back, step L together, step R back

[9-16] L back touch, ½ L reverse pivot, R fwd, ½ L pivot turn, R/L fwd cross points

1-2 Touch L back, turning ½ left step down on L (6 o'clock)
3-4 Step R forward, pivot ½ left (12 o'clock)
5-6 Cross step R over L, point L side
7-8 Cross step L over R, point R side

[17-24] R jazz box ball cross side, weave R 2 with ¼ R, L fwd rock/recover

1-2 Cross step R over L, step L back
&3-4 Step R side, cross step L over R, step R side
5-6 Cross step L behind R, turning ¼ right step R forward (3 o'clock)
7-8 Rock L forward, recover weight on R

[25-32] L back, walk fwd R/L, R fwd, ½ L pivot turn, R fwd shuffle, L fwd rock/recover, L back

&1-2 Step L back, step R forward, step L forward
3-4 Step R forward, pivot ½ left (9 o'clock)
5&6 Step R forward, step L together, step R forward
7-8& Rock L forward, recover weight on R, step L back

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P