

# Tension

COPPER KNOB  
BY STEPHEN T. KIM

拍數: 32      牆數: 4      級數: Beginner  
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音樂: Tension - Fergie



## #16 Count Intro - No Tags Or Restarts

### Sec1: FWD WALKS R, L, FWD KICK & POINT R, L, SWAY R, L

1-2            RF step forward, LF step forward  
3&4           RF kick forward, RF step to next LF, LF point to L side  
5&6           LF kick forward, LF step to next RF, RF point to R side  
7-8           RF sway to R, LF sway to L

### Sec2: LUNGE ACTION, FWD 1/4 L, 1/2 L BACK LOCKSTEP, PONY STEP, ROCK BACK

1-2            RF step side lunge action bending knee RF, LF step forward 1/4 turn L (9:00)  
3&4           RF 1/2 turn L ballstep back, LF step lock across R, RF step back (3:00)  
5&6           LF step back on L popping R knee forward, RF recover on R again, LF step back  
7-8           RF rock back, LF recover on LF

### Sec3: SAMBA CROSS R, L, FWD TOE PRESS & IN PLACE

1&2            RF cross over L, LF ballstep to L side, RF recover on RF  
3&4            LF cross over R, RF ballstep to R side, LF recover on LF  
5-8            RF toe forward press, RF step close to LF, LF toe forward press, LF step close to RF

### Sec4: ROCK FWD, RECOVER, 1/2 R TRIPLE STEP, ROCK FWD, COASTER STEP

1-2            RF rock forward, LF recover on LF  
3&4            Triple 1/2 R turn forward RF, LF, RF (9:00)  
5-6            LF rock forward, RF recover on RF  
7&8            LF step back, RF step close to LF, LF step forward

ENJOY THE DANCE ~~

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