

# Lots of Tension

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Judy Rodgers - January 2018

**Music:** Tension by Fergie

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

### **S1: Step, drag/touch, turn ¼ 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 ½ 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)**