



## Tension

64 Count, 2 Wall, Advanced

Choreographer: Gary O' Reilly (IE) & Maggie Gallagher (UK)  
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Choreographed to: Tension by Fergie

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- Intro:** 16 counts (8 secs)
- Section 1:** **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]
- Section 2:** **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
- Section 3:** **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]
- Section 4:** **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]
- Section 5:** **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
- Section 6:** **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
- Section 7:** **'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]
- Section 8:** **CROSS, BACK & STEP LOCK &, ROCK, RECOVER, DRAG, BACK TOGETHER**
- 1-2& Cross left over right, 1/4 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
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