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# **Break The Tension**

32 Count 4 Wall Beginner Level Dance. Choreographed by: Paul James (UK) Sept 2023 Choreographed to: Tension by Kylie Minogue Intro: 32 Counts. Start at approx 16 secs.

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## SEC 1 STEP TOUCH X2, ROCK RECOVER, STEP, ROCK RECOVER, STEP

- 1-2 Step RF forward, Touch L Toe behind RF
- 3-4 Step LF forward, Touch R Toe behind LF
- 5-6& Rock RF forward, Recover weight onto LF, Step RF next to LF
- 7-8& Rock LF forward, Recover weight onto RF, Step LF next to RF

### SEC 2 STEP 1/4 PIVOT, TOUCH, STEP 1/4, 1/4 JAZZ BOX

- 1-2 Step RF forward, Make <sup>1</sup>/<sub>4</sub> turn L, touching L Toe next to RF (9:00)
- 3-4 Step LF forward, Make <sup>1</sup>/<sub>4</sub> turn R, placing weight on RF (12:00)
- 5-6 Cross LF over RF, Make <sup>1</sup>/<sub>4</sub> turn L stepping back on RF (9:00)
- 7-8 Step LF to L, Cross RF over LF

### SEC 3 SIDE, TOGETHER, SIDE CLOSE SIDE, CROSS ROCK, RECOVER, SIDE CLOSE SIDE

- 1-2 Step LF to L, Step RF next to LF
- 3&4 Step LF to L, Close RF next to LF, Step LF to L
- 5-6 Cross rock RF over LF, Recover weight onto LF
- 7&8 Step RF to R, Close LF next to RF, Step RF to R

### SEC 4 CROSS HEEL JACK, HOLD, STEP TOUCH, POINT SWITCHES X3, HITCH

- 1&2 Cross LF over RF, Step RF to R, Touch L Heel to L diagonal
- 3&4 Hold, Step LF to L, Touch R Toe next to LF
- 5&6& Point R Toe to R, Step RF next to LF, Point L Toe to L, Step LF next to RF
- 7-8 Point R Toe to R, Hitch R Knee

