

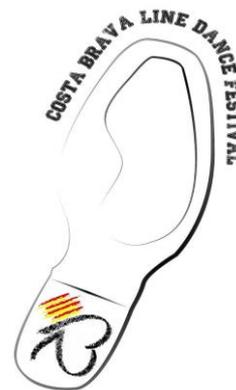
## **TENSION**

*Choreographer: Gary O'Reilly & Maggie Gallagher (Oct 2017)*

*Counts: 64 Walls: 2*

*Music: Tension - Fergie*

*Level: Advanced*



*Intro: 16 counts (8 secs)*

### **[1-9] 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]

### **[10-17] 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

### **[18-25] 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]

### **[26-32] 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]

### **[33-40] 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

**[41-48] 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

**[49-56] 'C' BUMP UP & DOWN, ¼, ½, ¼ 'C' BUMP UP & DOWN, ¼, ¼ 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 ¼ left stepping forward on left, ½ left stepping back on right [6:00]  
5&6 ¼ 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 ¼ right stepping forward on right, ¼ right pointing left to left side [9:00]

**[57-64] CROSS, BACK & STEP LOCK &, ROCK, RECOVER, DRAG, BACK TOGETHER**

- 1-2& Cross left over right, ¼ 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