

A Little Tension

Choreographed by Alison & Peter (TheDanceFactoryUK)

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4 wall – 32 count Improver line dance – no tags or restarts

Music: Tension – Fergie – 16 count intro on verse vocal – 8 secs – 3 mins 23secs – 110bpm

Available: Amazon



1-8 Walk fwd 2, R kick ball step, R fwd rock/recover, R shuffle back

1-2 Step R forward, step L forward

3&4 Kick R forward, step R together, step L forward

5-6 Rock R forward, recover weight on L

7&8 Step R back, step L together, step R back

9-16 L back touch, ½ L reverse pivot, R fwd, ½ L pivot turn, R/L fwd cross points

1-2 Touch L back, turning ½ left step down on L (*6 o'clock*)

3-4 Step R forward, pivot ½ left (*12 o'clock*)

5-6 Cross step R over L, point L side

7-8 Cross step L over R, point R side

17-24 R jazz box ball cross side, weave R 2 with ¼ R, L fwd rock/recover

1-2 Cross step R over L, step L back

&3-4 Step R side, cross step L over R, step R side

5-6 Cross step L behind R, turning ¼ right step R forward (*3 o'clock*)

7-8 Rock L forward, recover weight on R

25-32 L back, walk fwd R/L, R fwd, ½ L pivot turn, R fwd shuffle, L fwd rock/recover, L back

&1-2 Step L back, step R forward, step L forward

3-4 Step R forward, pivot ½ left (*9 o'clock*)

5&6 Step R forward, step L together, step R forward

7-8& Rock L forward, recover weight on R, step L back

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