



## Lots Of Tension

32 Count, 4 Wall, Improver  
Choreographer: Judy Rodgers (USA) Jan 2018  
Choreographed to: Tension by Fergie

Intro: 16

No tags - no restarts

**Section 1: Step, drag/touch, turn 1/4 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

**Section 2: 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)

**Section 3: Rock, recover, shuffle turn 1/2, V-step**  
1-2 Rock L forward, recover to R  
3&4 Turn 1/2 left shuffle L R L fwd 12:00  
5-6 Step R out, step L out  
7-8 Step R in, step L in

**Section 4: 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**