



## A Little Tension

32 Count, 4 Wall, Improver  
Choreographer: Alison and Peter (UK) Mar 2018  
Choreographed to: Tension by Fergie

**16 count intro on verse vocal – 8 secs – 3 mins 23secs – 110bpm**

**Section 1 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

**Section 2 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

**Section 3 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

**Section 4 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