



Approved by:

T. Argyle xx

Adrenalize

2 WALL – 64 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 6 7 & 8	Walk Walk, Side Rock Cross, Walk Walk, Side Rock Cross Walk forward right. Walk forward left. Rock right to right side. Recover onto left. Cross right over left. Walk forward left. Walk forward right. Rock left to left side. Recover onto right. Cross left over right.	Walk Walk Rock & Cross Walk Walk Rock & Cross	Forward
Section 2 1 & 2 3 & 4 5 & 6 7 & 8	Diagonal Hip Bumps Back x 2, Hip Bumps 1/4 Turn, Hip Bumps To Side Step right back on right diagonal bumping hips - right, left, right (weight ends on right). Step left back on left diagonal bumping hips - left, right, left (weight ends on left). Turning 1/4 right step right to side bumping hips - right, left, right (weight ends right). Step left to side bumping hips - left, right, left (weight ends left). (3:00)	Back Hip Bumps Back Hip Bumps Turning Hip Bumps Side Hip Bumps	Back Turning right Left
Section 3 1 – 2 3 – 4 5 – 6 7 – 8	Sway Sway, Side Touch, Sway Sway, Slide Touch Rock right to side swaying hips right. Recover onto left swaying hips left. Step right to side. Touch left beside right. Rock left to side swaying hips left. Recover onto right swaying hips right. Step left long step to side and drag right towards left. Touch right beside left.	Sway Sway Side Touch Sway Sway Slide Touch	On the spot Right On the spot Left
Section 4 1 – 2 3 & 4 5 & 6 7 & 8	Side, Behind, Chasse, Cross Rock, Side, Twist Heel/Toes/Heel Step right to side. Cross left behind right. Step right to side. Close left beside right. Step right to side. Cross rock left over right. Recover onto right. Step left to side. Twist right heel to left. Twist right toes to left. Twist right heel to left (weight kept left).	Side Behind Chasse Right Cross Rock Side Heel Toes Heel	Right On the spot
Section 5 1 & 2 & 3 – 4 5 & 6 & 7 – 8	Heel & Heel & Diagonal Slide With Touch (x 2) Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right. Step right long diagonal step forward. Touch left beside right. Touch left heel forward. Step left beside right. Touch right heel forward. Step right beside left. Step left long diagonal step forward. Touch right beside left.	Heel & Heel & Slide Touch Heel & Heel & Slide Touch	On the spot Forward On the spot Forward
Section 6 1 & 2 3 & 4 5 – 6 7 – 8	Shuffle Back x 2, Reverse 1/2 Turn, Step Pivot 1/4 Cross Step right back. Close left beside right. Step right back. Step left back. Close right beside left. Step left back. Reverse turn 1/2 right stepping right forward. Step left forward. (9:00) Pivot 1/4 turn right. Cross left over right. (12:00)	Shuffle Back Shuffle Back Half Turn Pivot Cross	Back Turning right Right
Section 7 1 – 2 3 & 4 5 – 6 7 & 8 Restart	Hinge 1/2 Turn, Cross Shuffle, Side Rock, Behind Side Cross Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side. (6:00) Cross right over left. Step left to side. Cross right over left. Rock left to side. Recover onto right. Cross left behind right. Step right to side. Cross left over right. Wall 2: Start the dance again from the beginning.	Hinge Half Cross Shuffle Side Rock Behind Side Cross	Turning left Left On the spot Right
Section 8 1 – 2 & 3 & 4 5 – 6 & 7 & 8 &	Side Behind & Heel & Cross, Side Behind & Heel & Heel & Step right to side. Cross left behind right. Step right to side. Touch left heel forward on left diagonal. Step left beside right. Cross right over left. Step left to side. Cross right behind left. Step left beside right. Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.	Side Behind & Heel & Cross Side Behind & Heel & Heel &	Right On the spot Left On the spot

Choreographed by: Tina Argyle (UK) March 2015

Choreographed to: 'Good Thing' by Keith Urban from CD Fuse;
 download available from amazon or iTunes
 (40 count intro from heavy beat - start on word 'hold')

Restart: One Restart during Wall 2



A video clip of this dance is available at www.linedancerweb.com