

## Adrenalina

64 Count, 2 Wall, Improver

Choreographer: Ria Vos (NL) March 2014)

Choreographed to: Adrenalina (feat. Jennifer Lopez & Wisin)  
[Spanglish Version] by Ricky Martin, Single (3:55min)

Intro: 28 Counts from start of track, on vocals ( $\pm$  13 sec)

**1 R Side, Together, R Shuffle Fwd, L Side, Together, L Coaster Step**

1-2 Step R to R Side, Step L Next to R  
3&4 Shuffle Fwd Stepping R-L-R  
5-6 Step L to L Side, Step R Next to L  
7&8 Step Back on L, Step R Next to L, Step Fwd on L

**2 R Heel Grind, ¼ Turn R, R Coaster Step, L Cross, Flick, R Crossing Samba**

1-2 Grind R Heel Across L, ¼ Turn R Step Back on L  
3&4 Step Back on R, Step L Next to R, Step Fwd on R  
5-6 Cross L Over R, Flick R to R Side  
7&8 Cross R Over L, Rock L to L Side, Recover on R

**3 L Cross, Side, Behind-Side-Cross, R Side, Hold (Bump), & R Side, L Touch**

1-2 Cross L Over R, Step R to R Side  
3&4 Step L Behind R, Step R to R side, Cross L Over R  
5&6 Step R to R Side, Hold and Bump Hips R Twice  
&7-8 Step L Next to R, Step R to R Side, Touch L Next to R

**4 ¼ L, ½ L, Shuffle ½ Turn L, Heel Switches, R Step, L Kick**

1-2 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R  
3&4 Shuffle ½ Turn L Stepping L-R-L  
5& Touch R Heel Fwd, Step R Next to L  
6& Touch L Heel Fwd, Step L Next to R  
7-8 Step Fwd on R, Kick L Fwd

**5 Cross, Unwind ½ Turn R, R Kick-Ball-Cross, R Side Rock, R Kick & Point**

1-2 Cross L Over R, Unwind ½ Turn R (weight on L) \*\*Restart Point wall 4  
3&4 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

\*Restart Point wall 2

5-6 Rock R to R Side, Recover on L  
7&8 Kick Fwd on R, Cross R Over L, Point L to L Side

**6 ¼ L, Scuff ¼ L, R Chasse, L Rock Back, L Scissor Cross**

1-2 ¼ Turn L Step Fwd on L, Scuff R Next to L Turning Another ¼ Turn L  
3&4 Step R to R Side, Step L Next to R, Step R to R Side  
5-6 Rock Back on L, Recover on R  
7&8 Step L to L Side, Step R Next to L, Cross L Over R

**7 R Side Rock, R Cross, ¼ Turn R, R Sailor ¼ Turn R, L Step Fwd, R Tap Behind**

1-2 Rock R to R Side, Recover on L  
3-4 Cross R Over L, ¼ Turn R Step Back on L  
5&6 Step R Behind L Turning ¼ Turn R, Step L Next to R, Step Fwd on R  
7-8 Step Fwd on L, Tap R Behind L Heel

**8 Rock Back (with Kick, Flick), Shuffle Fwd, Rock Fwd, R Coaster Cross**

1-2 Rock Back on R (option: Low L Kick Fwd), Recover on L (option: Flick R Backwards)  
3&4 Shuffle Fwd Stepping R-L-R  
5-6 Rock Fwd on L, Recover on R  
7&8 Step Back on L, Step R Next to L, Cross L Over R

**Restarts:** On wall 2 After count 36\*,

On wall 4 After count 34\*\* both facing 12:00