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## **Adrenaline**

32 count, 4 wall, intermediate level Choreographer: Barry Durand (USA) Feb 205 Choreographed to: Adrenalina by DJ Mendez

### 1-8 Hip Bumps, Tap Steps, Kick Ball Change

(1-6, 7&8) Step side L and bump hip L (1), step side R and bump hip R (2), Step side L and bump hip L (3), tap R together (4), step side R (5), tap L together (6), left kick ball change (7&8) [Kick ball change is Kick L(7), step on ball of L (&), step in place R (8)]

### 9 - 16 Pivot turn, Ronde, Back, Side, Cross

(1-8) Forward L (1) turning  $\frac{1}{2}$  turn to the right and step on R (2), step forward L (3) while making a  $\frac{1}{2}$  turn right and ronde right foot around - like a sweep low but above the ground (4), cross behind stepping on R (5), step side L (6), cross in front R (7), tap side L (8)

#### 17-24 Side Taps, Flick, Pivot Turn, Hand Claps

(&1&2,3-7, &8) Bring L together (&), tap R to side (1), step R together (&), tap L to side (2), bring L together while flicking R (bring R leg up bent in attitude position) and turning  $\frac{1}{2}$  turn right (3,4-Take 2 full counts with that move). Step forward R (5), pivot  $\frac{1}{2}$  turn to left and step L (6), step forward R while turning  $\frac{1}{2}$  turn left (7), hold and clap hands twice (&8)

#### 25-32 Lock Step Stomps, Pivot Turn

(1&2&3&4,78) Technically this is too hard to actually count if you hit the accents in the music - but I can give you a rhythm that will work. Let's call it 1, &2, &3, &4, 78. Step forward L (1), lock R behind (&), forward L (2), lock R behind (&), forward L (3), lock R behind (&), forward L (4), Step forward R (7) turning ½ turn left and point L foot forward (8). Trust me the counts do work. It will be more fun to accent the music by making these heavy steps or stomps. If you dance it to other music, the counts can be 1,2,3,4,5, pivot left on R (6-7), point L and hold 8.

#### Repeat

**Tags:** 2 really easy tags. Do dance 5 times then after chorus is 8 count tag. Just do the first 8 counts of the dance and start over at the beginning. Do dance 5 more times (you will pass by the chorus and do it one more time during a different sounding piece facing 6:00 wall) during the last of the 5 times there is a big break on 7,8 in the music. that tells you the 4 count tag is coming. Just sway left 1,2, sway right 3,4. Start from the beginning.

Spice Moves These are moves that I choreographed as variations in the dance to "spice" up the dance. Doing any or all of these moves will put it in an advanced category J

### 1-8 Vaudeville Hop (Heel Jack), Scuff, Side & Tap

Side L (1), cross back R (2), side L (&), scuff R to right side (3), step onto R (&), tap L together (4), side L (5), tap together R (6), side R (7), tap together (8). You can also turn up the octane and do all Vaudeville hops quickly 1, 2&3&4&5&6&7&8 finishing with a tap together on 8.

## 1-8 Hip Bumps, Tap Step, Kick Ball Cross Turn

(1-6, 7&8) Just like normal through count 4. Step side L and bump hip L (1), step side R and bump hip R (2), Step side L and bump hip L (3), tap R together (4), kick R forward (5), step in place R (&), cross L in front (6), unwind full turn to right and end with weight on R (7,8). The next move is a pivot turn so just keep it going and it seems natural.

# 9 - 16 Pivot turn, Ronde, Extra turns.

(1-6,7&8) Just like normal through count 4. Forward L (1) turning  $\frac{1}{2}$  turn to the right and step on R (2), step forward L while making a  $\frac{1}{2}$  turn right and ronde right foot around - like a sweep low but above the ground (4), hook tight behind stepping on R and unwind full turn 5,6 then either tap L 7 and hold 8, or keep the turn going and do one more on 7 & (can be LR) tap 8.