

## Pure Adrenaline

108 Count, 4 Wall, Intermediate (Phrased)

Choreographer: Jessica Short &amp; Kerry Kick (USA) Jan 2017

Choreographed to: Pure Adrenaline by Garth Brooks

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### Start On Vocals

#### Phrase A (52 Counts):

**[A: 1-8] Push And Cross, Side, Pop Knee, Rolling Vine Left**

1 & 2 Step R to right side (1), recover in place on L (&), Cross/Step R over left (2) 12:00  
3, 4 Step L to left side (3), Step R behind left popping left knee forward (4) 12:00  
5, 6  $\frac{1}{4}$  turn left step L forward (5),  $\frac{1}{4}$  turn left step R to right side (6) 6:00  
7, 8  $\frac{1}{2}$  turn left step L to left side (7), Touch R next to left (8) 12:00

**[A: 9-16] Touch Out, In, Step Right, Touch, Touch Out, In, Step Left, Touch**

1, 2 Touch right toe to right side (1), Touch right toe next to left foot (2) 12:00  
3, 4 Step R to right side (3), Touch left toe next to right foot (4) 12:00  
5, 6 Touch left toe to left side (5), Touch left toe next to right foot (6) 12:00  
7, 8 Step L to left side (7), Touch right toe next to left foot (8) 12:00

**[A: 17-24] Jump Front, Clap, Jump Back, Clap,  $\frac{1}{2}$  Pivot,  $\frac{1}{2}$  Pivot**

& 1, 2 Step R forward (&), step left next to right (1), Clap (2) 12:00  
& 3, 4 Step R back (&), step left next to right (3), Clap (4) 12:00  
5, 6 Step R forward (5), pivot  $\frac{1}{2}$  turn left end with weight on L (6) 6:00  
7, 8 Step R forward (7), pivot  $\frac{1}{2}$  turn left end with weight on L (8) 12:00

**[A: 25-32] Step Touch, Left Back Lock Step, Right Back Lock Step, Step Fwd, Clap X2**

1, 2 Step R forward (1), Touch left toe next to right foot (2) 12:00  
3 & 4 Step L back (3), Cross/Lock R over left (&), Step L back (4) 12:00  
5 & 6 Step R back (5), Cross/Lock L over right (&), Step R back (6) 12:00  
7, & 8 Step L forward (7), Clap twice (& 8) 12:00

**[A: 33-40] Rock Fwd Right, Rock Fwd Left, Rock Back Right, Kick Ball Change**

1, 2 Rock forward on R (1), Recover weight back onto L (2) 12:00  
& 3, 4 Step R to inside of L (&), Rock forward on L (3) Recover weight back onto R (4) 12:00  
& 5, 6 Step L to inside of R (& Step back on R (rocking back) (5) Recover forward onto L (6) 12:00  
7 & 8 Kick R forward (7) Step down on R (& Step forward on L (8) 12:00

**[A: 40-48] Cross Rock Step Together, Cross Rock Step Together, Jazz Box  $\frac{1}{4}$  Turn**

1 & 2 Cross/Step R over left (1), Recover weight back onto L (&), Step R to right side (2) 12:00  
3 & 4 Cross/Step L over right (3), Recover weight back onto R (&), Step L to left side (4) 12:00  
5, 6 Cross/Step R over left (5), Step L back (6) 12:00  
7, 8  $\frac{1}{4}$  turn to right and Step R forward (7), Step L next to right (8) 3:00

**[A: 48-52] Cross Rock Step Together, Cross Rock Step Together**

1 & 2 Cross/Step R over left (1), Recover weight back onto L (&), Step R to right side (2) 3:00  
3 & 4 Cross/Step L over right (3), Recover weight back onto R (&), Step L to left side (4) 3:00

#### Phrase B (56 Counts):

**[B: 1-8] R Heel Fwd, L Heel Fwd, Step R Fwd, Step L Together,  $\frac{1}{2}$  Turn Right/Turning Box**

1 & Touch R heel forward (1), Step R next to left (&) 3:00  
2 & Touch L heel forward (2) Step L next to right (&) 3:00  
3, 4 Big Step R forward (3), drag left and Step L next to right (4) 3:00  
5, 6 Cross R over left (5),  $\frac{1}{4}$  turn right and Step L back (6) 6:00  
7, 8  $\frac{1}{4}$  turn right and Step R forward (7), Step L forward (8) 9:00

**[B: 9-16] Repeat B: 1-8****[B: 17-24] Step R Side,  $\frac{1}{4}$  Turn Left And Kick Left, L Coaster, Rock Step Forward X2**

1, 2 Step R to right side with double knee bend-weight on right (1),  $\frac{1}{4}$  turn left and kick left 12:00  
3 & 4 Step L back (3), Step R back to meet left (&), Step L forward (4) 12:00  
5 & 6 Step R to right side (5), Step L in place (&), Step R forward (6) 12:00  
7 & 8 Step L to left side (7), Step R in place (&), Step L forward (8) 12:00

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**[B: 25-32] Repeat B: 17-24**

**[B: 33-36] R Rock And Cross, Unwind Full Turn Left**

1 & 2 Step R to right side (1), Step L in place (&), Step R over left (2) 9:00  
3, 4 Full turn left, end with weight on left (3, 4) 9:00

**\*[B: 37-48] Two Hip Bumps Right, Kick L Step Cross, Step Cross, Side L, ¼ Turn To Right, Step L**

5, 6 Step R to right side and bump hips to right (5), bump hips to right (6) 9:00

7 & 8 Kick L forward (7), Replace L from whence it came (&), Step R over left (8) 9:00

& 1, 2 Step L to left side (&), Step R over left (1), Step L to left side (2) 9:00

3, 4 ¼ turn to right and Step R forward (3), Step L forward (4) 12:00

**[B: 39-52] Repeat B: 37-48**

**[B: 53-56] Step R Fwd, Touch L And Clap, ¼ Turn Left And Step L Fwd, Touch R And Clap**

5, 6 Step R forward on R diagonal (5), Touch L together w/clap (6) 3:00

7, 8 ¼ turn left and Step L forward on L diagonal (7), Touch R together w/clap (8) 12:00

**\*Tag (24 counts): After second wall, repeat B 37-56 (starting with the hip bumps) and do B: 53-56 twice (step touch 4x in total)**