



Relax & Drinkin'

48 Count, 4 Wall, Intermediate, WCS
Choreographer: Sebastiaan Holtland (NL) December 2017
Choreographed to: Adrenaline by Lauv
Album: Lost in the Light 2015

32 counts intro, start on approx. 20 sec

1-8 L Side, Behind with Knee Lift R, Replace with Knee Rise R, Cross, Back Side Step with ¼ Turn R, Side, Together, Back.

- 1,2& Step R to R (1), Step L behind R and lift R knee up (2), Step R back in place slightly to R (&).
3,4 Step L back in place and rising R knee up (3), Step R across L (4).
5&6 Step L back (5), Make ¼ turn R (3.00) step R to R (&), Step L fwd (6).
7&8 Step R to R (7), Step L beside R (&), Step R back (8).

9-16 2x Sugar Foots R, L, Coaster Step L, Big Step R with Drag L, Together, Knee Pops R, L.

- 1,2 Step L back and push R toes to R and holding R heel on the floor (1), Step R back and push L toes to L and holding L heel on the floor (2),
3&4 Step L back (3), Step R beside L (&), Step L fwd (4).
5,8 Step R big to R and drag L towards R (5), Step L beside R (6), Pop R knee fwd (7), Step R back in place and pop L knee fwd (8).

17-24 Pop R Fwd with Arm Movement, Pop L Fwd with 1/8 Turn L with Arm Movement, Step Lock Step L, ½ Pivot Turn L, ½ Shuffle Turn L.

- 1 Step L back in place and pop R knee fwd: at the same time create a drinking motion with your R hand and move your head with it (1).
2 Step R back in place and make 1/8 turn L (1.30) and pop L knee fwd: at the same time, bring your R hand to your L fist fwd at chest height (2).
3&4 On diagonal: Step L fwd (3), Lock R behind L (&), Step L fwd (4).
5,6 On diagonal: Step R forward (5), Pivot turn ½ turn L (7.30) over L and taking weight onto L (6).
7&8 On diagonal: Continue a ½ turn L (1.30) step R back (7), Step L beside R (&), Step R back (8).

25-32 Back with Drag R, Together, Step Lock Step L with 1/8 Turn L, ½ Pivot Turn L, 2x Camel Walks R, L.

- 1,2 On diagonal: Step L back and drag R towards L (1), Step R beside L (2).
3&4 Step R forward (3), Make 1/8 turn L (12.00) lock R behind L (&), Step L forward (4).
5,6 Step R forward (5), Pivot Turn ½ turn L (6.00) over L and taking weight onto L (6).
7,8 Step R fwd while you pop L knee fwd (7), Step L fwd while you pop R knee fwd (8).

Restart here in wall 4 after 32 counts, after start again (facing 12 o'clock).

33-40 Big Step R, Together with Knee Pop R, Fwd Coaster Step R with Sweep L, Back, Side with 1/8 Turn R, Step with Sweep R, Weave L with 1/8 Turn R, Behind with Sweep L.

- 1,2 Step R big to R (1), Step L beside R and pop R knee fwd (2).
3&4 Step R fwd (3), Step L beside R (&), Step R back and sweep L from front to back (4).
5&6 Step L behind R (5), Make 1/8 turn R (7.30) step R to R (&), On diagonal: Step L fwd and sweep R from back to front (6).
7&8 Step R across L (7), Make 1/8 turn R (9.00) step L to L (&), Step R behind L and sweep L from front to back (8).

41-48 Weave R, Side, Cross Rock / Recover, Side, Side ½ Turn L with Heel Flick L, Side, Hold, Ball Step L.

- 1&2& Step L behind R (1), Step R to R (&), Step L across R (2), Step R to R (&).
3,4 Cross rock L forward (4), Recover back onto R (4).
&5,6 Step L to L (&), Make ¼ turn L (6.00) step R to R and Flick L heel behind R (5), Step L back in place (6).
7 Hold (7).
&8 Step R beside L on ball (&), Step L fwd (8).

Tag wall 5 after 32 counts, Then start again (facing 6 o'clock).

Tag Out, Out, Big Step Back with Heel Drag L, Together.

- 1,4 Step R out to R (1), Step L out to L (2), Step R big back and drag L heel slightly towards R (3), Step L beside R (4).

REPEAT DANCE AND HAVE FUN!!