

# (You're My) Adrenalina

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance. Choreographed by: Juan C. Gonzalez (USA) May 2022 Choreographed to: Adrenalina by Senhit & Flo Rida Intro: 16 Counts. Start at approx 10 secs.

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# SEC 1 2X POINTS, CROSS SAMBA, 2X POINTS, CROSS SHUFFLE

- 1-2 Point RF across LF, Point RF to the side
- 3&4 Cross RF in front of LF, Step LF to the side, Step RF next to LF
- 5-6 Point LF across RF, Point LF to the side
- 7&8 Cross LF in front of RF, Step RF to the side, Cross LF in front of RF

# SEC 2 MAMBO FORWARD, MAMBO BACK, 1/4 PIVOT TURN, LEFT VINE

- 1&2 Rock RF forward, Recover weight on LF, Step RF next to LF
- 3&4 Rock LF back, Recover weight on RF, Step LF next to RF
- 5-6 Step RF forward, Make <sup>1</sup>/<sub>4</sub> turn left stepping LF to the side (9:00)
- 7&8& Cross RF in front of LF, Step LF to the side, Cross RF behind LF, Step LF to the side &
- Restart Here on Walls 5 and 7

### SEC 3 1/4 TURN LEFT ROCK-RECOVER, BALL-TOUCH, HIP BUMP, ROCK-RECOVER, BALL-TOUCH-HOLD

- 1-2 Make <sup>1</sup>/<sub>4</sub> turn left rocking RF to the side, Recover weight on LF (6:00)
- &3&4 Step RF next to LF, Touch L toe forward, Bump left hip up, Recover back to center 4
- 5-6 Rock LF to the side, Recover weight on RF
- &7&8 Step LF next to RF, Touch R toe forward, Pump chest forward, Recover back to center

### SEC 4 2X DOROTHY STEPS, <sup>3</sup>/<sub>4</sub> CROSS UNWIND, V STEP

- 1-2& Step RF to the diagonal forward, Lock LF behind RF, Step RF forward
- 3-4& Step LF to the diagonal forward, Lock RF behind LF, Step LF forward
- 5-6 Cross RF in front of LF, Unwind on balls of feet to make <sup>3</sup>/<sub>4</sub> left turn finish with weight on LF (9:00)
- 7&8& Step R heel to the diagonal forward, Step L heel to the side, Step RF back to center, Step LF next to RF
- Ending After 28 counts of Wall 10, Add the following
- 5-6 Step RF forward, Make <sup>1</sup>/<sub>4</sub> turn left stepping LF forward (12:00)
- 7&8& Step R heel to the diagonal forward, Step L heel to the side, Step RF back to center, Step LF next to RF



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