

Adrenaline

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Jake Downing (USA) - April 2023

Musik: Adrenaline (feat. Brian King) - Lenny Cooper



Dance begins 16 counts (8 seconds) in: (on lyrics: "Adrenaline pumpin' in my tires...")

[1-8] Lindy Right, Grapevine Left w/ Cross

- 1&2 Step RF to R side (1), Step LF next to RF (&), Step RF to R side (2)
- 3,4 Rock LF behind RF (3), Recover forward on RF (4)
- 5,6 Step LF to L side (5), Step RF behind LF (6)
- 7,8 Step LF to L side (7), Cross RF over LF (8)

[9-16] Lindy Left, Grapevine Right w/ Cross

- 1&2 Step LF to L side (1), Step RF next to LF (&), Step LF to L side (2)
- 3,4 Rock RF behind LF (3), Recover forward on LF (4)
- 5,6 Step RF to R side (5), Step LF behind RF (6)
- 7,8 Step RF to R side (7), Cross LF over RF (8)

[17-24] ¼ Turn R Shuffle (RLR), ½ Pivot Turn R, Rocking Chair LF

- 1&2 Turn ¼ R and step RF forward (1), Step LF next to RF (&), Step RF forward (2) (3:00)
- 3,4 Step LF forward (3), Pivot ½ Turn over Right shoulder (4) (9:00)
- 5,6 Rock LF forward (5), Recover weight back onto RF (6)
- 7,8 Rock LF back (7), Recover weight forward onto RF (8)

[25-32] Shuffle Forward (LRL), Pivot ½ Turn L, Rocking Chair RF

- 1&2 Step LF forward (1), Step RF next to LF (&), Step LF forward (2)
- 3,4 Step RF forward (3), Pivot ½ Turn over Left shoulder (4) (3:00)
- 5,6 Rock RF forward (5), Recover weight back to LF (6)
- 7,8 Rock RF back (7), Recover weight forward onto LF (8)

Dance goes in clockwise direction. No Tags or Restarts. Enjoy!!

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Last Update: 15 Feb 2025