

# Instant Radiation

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Andrew Palmer (UK) & Simon Cox (UK)

Musik: Chain Reaction - Steps



---

## **LEFT HEEL-JACK, LEFT STEP DOWN, TOUCH RIGHT, RIGHT KICK BALL CHANGE, RIGHT ROCK RECOVER, RIGHT SHUFFLE BACK**

&1&2-3&4 Step back right, touch left heel forward, step down left, touch right beside left, right kick-ball change

5-6-7&8 Rock right forward, recover, right shuffle back

## **STEP ½ TURN LEFT, TOUCH RIGHT SIDE RIGHT, RIGHT CROSS SHUFFLE, STEP LEFT BACK, STEP RIGHT SIDE RIGHT, LEFT CROSS SHUFFLE**

1-2-3&4 ½ turn left step left forward, (6:00) touch right side right, right cross shuffle

5-6-7&8 Step left back, step right side right, left cross shuffle

## **4 HIP SWAYS RIGHT, LEFT, RIGHT, LEFT, KICK RIGHT, RIGHT ROCK RECOVER, CROSS UNWIND ½ TURN LEFT**

1-2-3-4 Step right side right as sway hips right, sway hips left, right, left

5&6 Kick right across left, rock right side right, recover

7-8 Cross right over left, unwind ½ turn left

## **JAZZ JUMP FORWARD AND BACK, HEEL RAISE TWICE, BOX WITH ¼ TURN RIGHT**

&1&2 Small jump forward right, left, small jump back right, left

&3&4 Raise both heels off floor, replace, raise both heels off floor, replace

5-6-7-8 Cross right over left, step back on left, step right ¼ turn right, step left in place beside right

**REPEAT**

---