

Adrenaline

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Ron Kline (USA)

Musik: Are You Jimmy Ray? - Jimmy Ray



WALK FORWARD WITH BACK TOUCHES AND ARM MOVEMENTS

- 1-2 Step left foot forward, touch right toe back, at the same time arching back slightly with elbows bent extend left fist in front of chest and right fist behind small of back
- 3-4 Step right foot forward, touch left toe back at the same time arching back slightly with elbows bent extend right fist in front of chest and left fist behind small of back
- 5-6 Repeat steps 1-2
- 7-8 Repeat steps 3-4

½ ROLL FORWARD, COASTER STEP, WALK FORWARD, SHUFFLE

- 9-10 Step left foot forward prepping toe to the left, pivot ¼ left on left foot stepping right foot to right side
- 11&12 Pivot ¼ left on right foot stepping left foot back, step on ball of right foot next to left foot, step left foot forward
- 13-14 Walk forward (right-left)
- 15&16 Shuffle forward (right-left-right) prepping right toe to the right

TURNING SHUFFLE, SHUFFLE, STEP TOGETHER, LARGE BACK STEP, TOE DRAG

- 17&18 Shuffle in place making a ¾ turn to right with the steps (left-right-left)
- 19&20 Shuffle forward (right-left-right)
- 21-22 Step left foot forward, step right foot next to left foot
- &23-24 Push back with right foot, take large step back with left foot, drag right toe back and just past left foot

DOUBLE FISH TAIL

- 25-28 Sweep right toe around behind left foot to cross step behind left foot, step left foot to left side, step right foot forward, cross step left foot behind right foot
- 29-32 Step right foot to right side, cross step left foot over right foot, step right foot to right side, touch left foot next to right foot

SYNCOPATED OUTS, INS MOVING BACKWARD, CROSS TOUCH, UNWIND, CLAP

Traveling back slightly with the next 5 steps

- &33-34 Step left foot to left side, step right foot to right side, hold/snap fingers
- &35-36 Step left foot to center, step right foot to center, hold and clap hands
- &37&38 Step left foot to left side, step right foot to right side, step left foot to center, cross touch right toe over left foot
- 39-40 Unwind legs ½ to left with weight to right foot, hold and clap hands
- 41-48 Repeat last 8 counts

REPEAT
