

# Pure Adrenaline

**COPPER KNOB**  
STEPSHEETS

Count: 108

Wall: 4

Level: Phrased Intermediate

Choreographer: Jessica Short (USA) & Kerry Kick (USA) - January 2017

Music: Pure Adrenaline - Garth Brooks



(Start on Vocals) Phrased: AB AB Tag B B

## PHRASE A (52 counts):

### [A: 1-8] PUSH AND CROSS, SIDE, POP KNEE, ROLLING VINE LEFT

- 1 & 2 Step R to right side (1), recover in place on L (&), Cross/Step R over left (2) □□12:00  
3, 4 Step L to left side (3), Step R behind left popping left knee forward (4) □□□12:00  
5, 6 ¼ turn left step L forward (5), ¼ turn left step R to right side (6) □□□□6:00  
7, 8 ½ turn left step L to left side (7), Touch R next to left (8) □□□□12:00

### [A: 9-16] TOUCH OUT, IN, STEP RIGHT, TOUCH, TOUCH OUT, IN, STEP LEFT, TOUCH

- 1, 2 Touch right toe to right side (1), Touch right toe next to left foot (2) □□□12:00  
3, 4 Step R to right side (3), Touch left toe next to right foot (4) □□□□12:00  
5, 6 Touch left toe to left side (5), Touch left toe next to right foot (6) □□□□12:00  
7, 8 Step L to left side (7), Touch right toe next to left foot (8) □□□□12:00

### [A: 17-24] JUMP FRONT, CLAP, JUMP BACK, CLAP, ½ PIVOT, ½ PIVOT

- & 1, 2 Step R forward (&), step left next to right (1), Clap (2) □□□□□12:00  
& 3, 4 Step R back (&), step left next to right (3), Clap (4) □□□□□12:00  
5, 6 Step R forward (5), pivot ½ turn left end with weight on L (6) □□□□6:00  
7, 8 Step R forward (7), pivot ½ turn left end with weight on L (8) □□□□12:00

### [A: 25-32] STEP TOUCH, LEFT BACK LOCK STEP, RIGHT BACK LOCK STEP, STEP FWD, CLAP X2

- 1, 2 Step R forward (1), Touch left toe next to right foot (2) □□□□□12:00  
3 & 4 Step L back (3), Cross/Lock R over left (&), Step L back (4) □□□□12:00  
5 & 6 Step R back (5), Cross/Lock L over right (&), Step R back (6) □□□□12:00  
7, & 8 Step L forward (7), Clap twice (& 8) □□□□□□12:00

### [A: 33-40] ROCK FWD RIGHT, ROCK FWD LEFT, ROCK BACK RIGHT, KICK BALL CHANGE

- 1, 2 Rock forward on R (1), Recover weight back onto L (2) □□□□□12:00  
& 3, 4 Step R to inside of L (&), Rock forward on L (3) Recover weight back onto R (4) □□12:00  
& 5, 6 Step L to inside of R (&) Step back on R (rocking back) (5) Recover forward onto L (6) □12:00  
7 & 8 Kick R forward (7) Step down on R (&) Step forward on L (8) □□□□12:00

### [A: 40-48] CROSS ROCK STEP TOGETHER, CROSS ROCK STEP TOGETHER, JAZZ BOX ¼ TURN

- 1 & 2 Cross/Step R over left (1), Recover weight back onto L (&), Step R to right side (2) □12:00  
3 & 4 Cross/Step L over right (3), Recover weight back onto R (&), Step L to left side (4) □12:00  
5, 6 Cross/Step R over left (5), Step L back (6) □□□□□12:00  
7, 8 ¼ turn to right and Step R forward (7), Step L next to right (8) □□□□3:00

### [A: 48-52] CROSS ROCK STEP TOGETHER, CROSS ROCK STEP TOGETHER

- 1 & 2 Cross/Step R over left (1), Recover weight back onto L (&), Step R to right side (2) □3:00  
3 & 4 Cross/Step L over right (3), Recover weight back onto R (&), Step L to left side (4) □3:00

## PHRASE B (56 counts):

### [B: 1-8] R HEEL FWD, L HEEL FWD, STEP R FWD, STEP L TOGETHER, ½ TURN RIGHT/TURNING BOX

- 1 & Touch R heel forward (1), Step R next to left (&) □□□□□3:00  
2 & Touch L heel forward (2) Step L next to right (&) □□□□□3:00

- 3, 4            Big Step R forward (3), drag left and Step L next to right (4) □□□□3:00  
 5, 6            Cross R over left (5), ¼ turn right and Step L back (6) □□□□6:00  
 7, 8            ¼ turn right and Step R forward (7), Step L forward (8) □□□□9:00

**[B: 9-16] Repeat B: 1-8**

**[B: 17-24] STEP R SIDE, ¼ TURN LEFT AND KICK LEFT, L COASTER, ROCK STEP FORWARD x2**

- 1, 2            Step R to right side with double knee bend-weight on right (1), ¼ turn left and kick left □12:00  
 3 & 4           Step L back (3), Step R back to meet left (&), Step L forward (4) □□□□12:00  
 5 & 6           Step R to right side (5), Step L in place (&), Step R forward (6) □□□□12:00  
 7 & 8           Step L to left side (7), Step R in place (&), Step L forward (8) □□□□12:00

**[B: 25-32] Repeat B: 17-24**

**[B: 33-36] R ROCK AND CROSS, UNWIND FULL TURN LEFT**

- 1 & 2           Step R to right side (1), Step L in place (&), Step R over left (2) □□□□9:00  
 3, 4            Full turn left, end with weight on left (3, 4) □□□□9:00

**\*[B: 37-48] TWO HIP BUMPS RIGHT, KICK L STEP CROSS, STEP CROSS, SIDE L, ¼ TURN TO RIGHT, STEP L**

- 5, 6            Step R to right side and bump hips to right (5), bump hips to right (6) □□□9:00  
 7 & 8           Kick L forward (7), Replace L from whence it came (&), Step R over left (8) □□9:00  
 & 1, 2          Step L to left side (&), Step R over left (1), Step L to left side (2) □□□□9:00  
 3, 4            ¼ turn to right and Step R forward (3), Step L forward (4) □□□□12:00

**[B: 39-52] Repeat B: 37-48**

**[B: 53-56] STEP R FWD, TOUCH L AND CLAP, ¼ TURN LEFT AND STEP L FWD, TOUCH R AND CLAP**

- 5, 6            Step R forward on R diagonal (5), Touch L together w/clap (6) □□□□3:00  
 7, 8            ¼ turn left and Step L forward on L diagonal (7), Touch R together w/clap (8) □□12:00

**\*TAG (24 counts): After second wall, repeat B 37-56 (starting with the hip bumps) and do B: 53-56 twice (step touch 4x in total)**

Contact the choreographers at [www.kerrykick.com](http://www.kerrykick.com)

---