

Adrenaline

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Jake Downing (USA) - April 2023

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



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

[1-8] Lindy Right, Extended Grapevine Left

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, Extended Grapevine Right

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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