

# Adrenalina Cha Cha Cha

**COPPER** KNOB  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Jesus Pacheco (AUS) - August 2021

**Musique:** Adrenalina (Cha Cha Cha / 32 Bpm) - Ballroom Orchestra & Singers



**Sequence:** Intro, Wall 1-4, Tag1, Wall 5-9, Tag2, Wall 10-11.

**Intro:** Hip Twist 16C - R L RLR, L R LRL (2X) (Skip Pre-intro)

**S1. Left cross over R, Hip Twist LRL, R cross over L. Hip Twist RL ¼ Turn R**

1-2 Left Cross over Right Recover  
3&4 Hip Twist Left Right Left  
5 6 Right Cross over Left Recover  
7&8 Hip Twist, Right Left ¼ Turn Right

**S2. L cross over R, R Half Spin Turn, Triple Shuffle behind, LRL RLR LRL**

1-2 Left cross over Right, Right Half Spin Turn  
3&4 Triple Shuffle Behind - Left Right left  
5&6 "" - Right Left Right  
&7&8 "" - Left Right Left and

**S3. Hip Twist- R L R L &, R behind, Step L, R Ronde cross over L &, Shuffle RLR**

1-2-3-4 Hip Twist - Right Left Right Left  
&5&6 & Right Behind Rhonde Right cross over Left,  
7&8 Cross Shuffle Right left Right

**S4. Susie Q: L R LRL, R L RLR**

1-2 Left cross over Right, Right point  
3&4 Shuffle, Left Right Left  
5-6 Cross Shuffle, Right cross over left, Left Point  
7&8 Shuffle, Right Left Right

**Tag 1. 8C - 1 2, 3&4, 5 6, 7& 8& (Start after Wall 4)**

L cross over R Recover, Hip Twist LRL  
R cross over L Recover, Hip Twist RLR&

**Tag 2. 4C - 1 2, 3&4& (Start after Wall 9)**

L cross over R Recover, Hip Twist LRL &

**Keep on groovin', Enjoy your Fitness guys!!!**

**Best regards, Jesus Pacheco - Sydney Australia**

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