

Adrenaline Rush

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) - September 2015
音乐: Shine In the Light - Anna Rossinelli : (amazon)



Intro: □ 16 counts. Start on the word 'picture'

S1: SIDE, ROCK BACK, R CHASSE, ROCK BACK, L CHASSE

1-3 Step left to left side, Cross rock right behind left, Recover on left
4&5 Step right to right side, Step left next to right, Step right to right side
6-7 Cross rock left behind right, Recover on right
8&1 Step left to left side, Step right beside left, Step left to left side

S2: HOLD, & SIDE, TOUCH, ¼, ½, ½, ROCK & CROSS

2&3,4 HOLD, Step right next to left, Step left to left side, Touch right next to left
5-7 ¼ right stepping forward right, ½ right stepping back on left, ½ right stepping forward right
 [3.00]
8&1 Rock left to left side, Recover on right, Cross left over right

S3: R SIDE ROCK, CROSS, SIDE TOGETHER, L CHASSE

2-4 Rock right to right side, Recover on left, Cross right over left
5-6 Step left to left side, Close right to left
7&8 Step left to left side, Step right beside left, Step left to left side

S4: BUMP BACK, R LOCK STEP, STEP, ½ R, L LOCK STEP

1-2 Bump back on right, Recover on left
3&4 Step forward right, Lock left behind right, Step forward right
5-6 Step forward left, Pivot ½ right [9.00]
7&8 Step forward left, Lock right behind left, Step forward left

S5: POINT, HOLD & POINT, ¼, HITCH, BACK BUMP, BUMP, BUMP

1,2&3 Point right to right side, HOLD, Step right next to left, Point left to left side
4-5 ¼ left (swivelling on right), Hitch left [6.00]
6-8 Step back on left bumping hips back left, Bump hips forward on right, Bump hips back on left

S6: BALL ¼ CROSS, HOLD, BALL CROSS, HITCH, JAZZ BOX ½ CROSS

&1,2 Step ball of right foot next to left, ¼ left crossing left over right, HOLD □ [3.00]
&3,4 Small ball step right, Cross left over right, Hitch right over left
5-7 Cross right over left, ¼ right stepping back left, ¼ right stepping right to right side
8 Cross left over right [9.00]

S7: SIDE, HOLD & SIDE ROCK & SIDE ROCK, L ¼ SAILOR

1,2& Step right to right side, HOLD, Step left next to right
3-4 Rock right to right side, Recover on left
&5,6 Step right next to left, Rock left to left side, Recover on right
7&8 ¼ left stepping back left, Step right to right side, Step forward left

S8: WALK R, L KICK BALL CHANGE, TOUCH, BUMP L, R, L, R

1,2&3 Walk right, Kick left forward, Step on ball of left next to right, Step on right
4 Touch left next to right* □ □ □ *RESTART WALL 3
5-8 Bump hips Left, Right, Left, Right

NOTE: There are three Tags & one Restart

TAG 1: 16 counts. At the end of Wall 1 (facing 6.00)

TAG 2: 8 counts. At the end of Walls 2 & 6 (facing 12.00)

RESTART on Wall 3 after 60 counts (i.e. omit last four counts of hip bumps) facing 6.00

**TAG 1: SIDE POINT, SIDE POINT, SWAY DOWN DOWN UP UP, SIDE TOUCH, SIDE TOUCH, BUMP L, R,
L, R**

1-2 Step left (swaying hips to left side bending knees slightly), Point right toe to right diagonal

3-4 Step right (swaying hips to right side bending knees slightly), Point left toe to left diagonal

5-6 Sway hips to left side bending down on knees, Staying down sway hips over to right side

7-8 Sway hips up left, Sway hips up right

1-4 Step left to left side, Touch right next to left, Step right to right side, Touch left next to right

5-8 Bump hips left, right, left, right

TAG 2: DANCE COUNTS 1-8 ONLY OF TAG 1

SIDE POINT, SIDE POINT, SWAY DOWN, DOWN, UP, UP

NOTE: The dance finishes after the tag at the end of Wall 6

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