

Adrenalina Cha Cha Cha

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jesus Pacheco (AUS) - August 2021
音乐: 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

Email me on: jesspach23@yahoo.com or jnp4us@gmail.com