

Adrenaline

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Emily Faye (USA) - February 2023
音乐: Fallin' (Adrenaline) - Why Don't We



****2 tags (walls 6 and 11)**

[1-8] R Hitch, ¼ Turn R w R Hitch into Coaster Step, L Hip Roll w ¼ Turn R, Bump L Hip 2x, R Hook

1 & 2 Weight on L and Lift R leg into 90° in front of you, Touch R foot down as you ¼ turn to your R (3:00), Lift R leg into 90° in front of you
3 & 4 Step R foot back, Step L foot next to R, Step R foot forward
5, 6 *Step L foot forward and hip roll back from L to R with a ¼ turn R for both counts (6:00)
7 & 8 *Push L hip to L side, Recover center, Push L to hip to L side and raise R heel to L shin

***TAG 1: Sub count [5-8] on 6th wall: Full R turn traveling forward, ¼ Turn R w L Hip Bumps and Hook**

5, 6 Step forward onto L foot and ½ turn R to face (6:00), Step back onto R foot and continue another ½ turn R to face (12:00)
7, 8 ¼ Turn R stepping L foot out towards 12:00 for a hip bump L, Repeat hip bump L adding a R heel to L shin

Resume from count 9 for the rest of 6th wall

[9-16] Step out R, touch L heel in front of R, Step out L, touch R toe behind L, Hop out R, L Swivel heels then toes with ¼ Turn L

1, 2 Step R foot out to R side, Touch L heel in front of R foot at 7:30 diagonal
3, 4 Step L foot out to L side, Touch R toe behind L at 1:30 diagonal
& 5, 6 Hop to the R landing on R foot, L foot steps beside R, hold
7, 8 Travel L moving both heels out to the L, Move both toes to L as you ¼ Turn to face L (3:00)

[17-24] Rock R forward, Rock R backward, R Pivot Turn, Step forward R, ¼ Turn R stepping L foot out, (Continue momentum for another ½ Turn R)

1, 2 Rock weight forward stepping onto R foot, recover weight back on L foot
3, 4 Rock weight backward stepping onto R foot, recover weight forward on L foot
5, 6 Step forward onto R foot and ½ turn over L shoulder (9:00), replace weight on L foot
7, 8 Step forward onto R, ¼ Turn to the R (12:00) stepping L foot out to L side at 9:00 and use this momentum to continue for another ½ turn R (6:00)

SUB (optional) on counts [1-24] on wall 11

(1), 2, (3), 4 In this pattern, clap on the beat (even counts) with regular choreography

[25-32] R foot lands out and pause, Bump L then R, R Box ¼ Turn R, Scuff L

1, 2 *Step R foot out to land at 6:00, hold
3, 4 Push L hip out to L, Push R hip out to R
5, 6, 7, 8 **Cross R foot in front of L, Step back onto L foot and ⅙ turn R (7:30), Step R foot forward to 9:00 and ⅙ turn R (9:00), Scuff L heel (replace weight on L on [1])

***SUB (optional) count [25-26] on wall 4, 5 and 8-13**

& 1, 2 Jump up mid-turn, land both feet out, hold

Resume into count 27 to complete these walls.

****SUB (optional) count [29-32] on wall 7 and 8**

5, 6, 7, 8 Footwork stays the same. Hands may make a drumming motion above the head from left to right for 4 counts.

Resume into the next wall.

TAG 2: (Start of 11th wall facing 6:00)

[1-8] R Hitch fan L to R, Sailor Turn R

- 1, 2, 3, 4 Lift R leg into 90° and fan L to R from 4:30 to 7:30
5, 6, 7, 8 Cross R foot behind L foot, 1/8 turn R stepping out onto L foot towards 6:00, 1/8 turn R stepping forward onto R foot (9:00)

[9-16] L Step and slow Body Roll forward and backward, Hip Swing R to L w 1/4 turn R

- 1, 2 Step forward onto L and slow roll body forward chest to hips
3, 4 Place weight back on R and slow roll body backward chest to hips
5, 6 1/4 Turn R swinging hips clockwise from R to L (12:00)
7, 8 Small R step out to distribute weight evenly, hold

[17-24] Sway hips R, then L, Slide R

- 1, 2 Slow sway hips out to R
3, 4 Slow sway hips out to L
5, 6, 7, 8 Step R foot out to R side and slowly drag L toe to meet, replace weight on L foot beside R foot

[25-32] Rock R forward, Rock R backward, R Pivot Turn, Step forward R, 1/4 Turn R stepping L foot out, (Continue momentum for another 1/2 Turn R)

- 1, 2 Rock weight forward stepping onto R foot, recover weight back on L foot
3, 4 Rock weight backward stepping onto R foot, recover weight forward on L foot
5, 6 Step forward onto R foot and 1/2 turn over L shoulder (6:00), replace weight on L foot
7, 8 Step forward onto R, 1/4 Turn to the R (9:00) stepping L foot out to L side at 6:00 and use this momentum to continue for another 1/2 turn R (3:00)

[33-36] R foot lands out and pause, Bump L then R

- & 1, 2 Jump up mid-turn, land both feet out, hold
3, 4 Push L hip out to L, Push R hip out to R

Begin 12th wall facing 3:00

NOTE: The "optional subs" are meant to enhance the musicality of the dance when done to the original music it's choreographed to. They are suggestions, but the dancers should take the liberty to get creative!
