

Adrenaline

COPPER KNOB
STEPSHEETS

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



*1 restart, 2 tags

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

- 1 & 2 Hitch R knee up, ¼ turn right stepping ball of R down (3:00), Step L with R hitch
- 3 & 4 Step R back, Step L together, Step R forward
- 5, 6 ¼ turn right stepping L out and pushing L hip back (6:00), Roll weight into R
- 7 & 8 Bump L hip to side, Recover center, Raise R heel to L shin (should give the feeling of a double bump)

[TAG 1] ON WALL 6, Substitute count [5-8] facing (12:00):

[5-8] Full R turn traveling forward LR, ¼ Turn R w L Bump, R Hook

- 5 ½ turn right stepping L back (6:00)
- 6 ½ turn right stepping R forward (12:00)
- 7, 8 ¼ turn right stepping L foot out to side for a L hip bump (3:00), Recover center, Raise R heel to L shin

Resume to count 9 for the rest of 6th wall

[9-16] Modified Step Touch x2, Hop out R, L Swivel heels then toes with ¼ Turn L

- 1, 2 Step R foot out to side, Touch L heel crossed in front of R foot at diagonal
- 3, 4 Step L foot out to side, Touch R toe crossed behind L at diagonal
- & 5, (6) Hop R out to side, Step L together, Hold
- 7, 8 Turn heels to left side and take weight, ¼ turn left turning toes forward (3:00)

[TAG 2] ON WALL 11, Insert additional 8ct between Count [16] and [17] facing (9:00) [16.1 - 16.8] R Rocking Chair, R Pivot, R Pivot

- 1, 2 Rock R forward, recover weight back on L foot
- 3, 4 Rock R backward, recover weight forward on L foot
- 5, 6 Step forward onto R foot, ½ turn left changing weight onto L (3:00)
- 7, 8 Step forward onto R foot, ½ turn left changing weight onto L (9:00)

Resume into Count 17

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

- 1, 2 Rock R forward, recover weight back on L foot
- 3, 4 Rock R backward, recover weight forward on L foot
- 5, 6 Step forward onto R foot, ½ turn L changing weight into L (9:00)
- 7, 8 Step forward onto R, ¼ turn right (12:00) stepping L foot out to L side

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

- 1, (2) Continuing with ½ turn right stepping R foot out to R (6:00), hold
- 3, 4 & Bump L hip to side, Bump R hip to side, Recover weight center

RESTART on 11th wall after Count 28, facing 12:00

- 5, 6, 7, 8 Cross R foot in front of L, Step back onto L foot, ¼ turn right stepping R foot forward (9:00), Scuff L heel (replace weight on L on [1])

****Note: Tag 2 and Restart happen during the same wall :)**

OPTIONAL - MUSICALITY CHOICES:

Counts [1-24] on wall 12

(1), 2, (3), 4 Clap on the beat (even counts) with regular choreography

Counts [25-26] on wall 4, 5 and 8-13 (or more)

& 1, (2) Jump up mid $\frac{1}{2}$ turn R, land both feet out, hold

Counts [29-32] on wall 7 and 8

5, 6, 7, 8 Hands make a drumming motion above the head from left to right for 4 counts during R jazz box $\frac{1}{4}$ turn

These options are meant to enhance the musicality of the dance when done to the original music it's choreographed to. They are suggestions, but I encourage dancers to take their own creative liberties given they follow the Line of Dance in this piece. Tag me, I'd love to see what you create!

For any questions, feel free to contact me on my Instagram, TikTok, and Facebook platforms, @CountryDancingEm.

Last Update – 30 Sept. 2024 – R1
