

Adrenalina

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Ria Vos (NL) - March 2014
音乐: Adrenalina (feat. Jennifer Lopez & Wisin) (Spanglish Version) - Ricky Martin



Intro: 28 Counts from start of track, on vocals (± 13 sec)

R Side, Together, R Shuffle Fwd, L Side, Together, L Coaster Step

1-2 Step R to R Side, Step L Next to R
3&4 Shuffle Fwd Stepping R-L-R
5-6 Step L to L Side, Step R Next to L
7&8 Step Back on L, Step R Next to L, Step Fwd on L

R Heel Grind, ¼ Turn R, R Coaster Step, L Cross, Flick, R Crossing Samba

1-2 Grind R Heel Across L, ¼ Turn R Step Back on L
3&4 Step Back on R, Step L Next to R, Step Fwd on R
5-6 Cross L Over R, Flick R to R Side
7&8 Cross R Over L, Rock L to L Side, Recover on R

L Cross, Side, Behind-Side-Cross, R Side, Hold (Bump), & R Side, L Touch

1-2 Cross L Over R, Step R to R Side
3&4 Step L Behind R, Step R to R side, Cross L Over R
5&6 Step R to R Side, Hold and Bump Hips R Twice
&7-8 Step L Next to R, Step R to R Side, Touch L Next to R

¼ L, ½ L, Shuffle ½ Turn L, Heel Switches, R Step, L Kick

1-2 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R
3&4 Shuffle ½ Turn L Stepping L-R-L
5& Touch R Heel Fwd, Step R Next to L
6& Touch L Heel Fwd, Step L Next to R
7-8 Step Fwd on R, Kick L Fwd

Cross, Unwind ½ Turn R, R Kick-Ball-Cross, R Side Rock, R Kick & Point

1-2 Cross L Over R, Unwind ½ Turn R (weight on L) **Restart Point wall 4
3&4 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R *Restart Point wall 2
5-6 Rock R to R Side, Recover on L
7&8 Kick Fwd on R, Cross R Over L, Point L to L Side

¼ L, Scuff ¼ L, R Chasse, L Rock Back, L Scissor Cross

1-2 ¼ Turn L Step Fwd on L, Scuff R Next to L Turning Another ¼ Turn L
3&4 Step R to R Side, Step L Next to R, Step R to R Side
5-6 Rock Back on L, Recover on R
7&8 Step L to L Side, Step R Next to L, Cross L Over R

R Side Rock, R Cross, ¼ Turn R, R Sailor ¼ Turn R, L Step Fwd, R Tap Behind

1-2 Rock R to R Side, Recover on L
3-4 Cross R Over L, ¼ Turn R Step Back on L
5&6 Step R Behind L Turning ¼ Turn R, Step L Next to R, Step Fwd on R
7-8 Step Fwd on L, Tap R Behind L Heel

Rock Back (with Kick, Flick), Shuffle Fwd, Rock Fwd, R Coaster Cross

1-2 Rock Back on R (option: Low L Kick Fwd), Recover on L (option: Flick R Backwards)

3&4 Shuffle Fwd Stepping R-L-R
5-6 Rock Fwd on L, Recover on R
7&8 Step Back on L, Step R Next to L, Cross L Over R

Restarts: On wall 2 After count 36*, On wall 4 After count 34 both facing 12:00**

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