

# Adrenalina

**COPPER** KNOB  
STEPSHEETS

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 ( $\pm$  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, $\frac{1}{4}$ Turn R, R Coaster Step, L Cross, Flick, R Crossing Samba**

1-2      Grind R Heel Across L,  $\frac{1}{4}$  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

## **$\frac{1}{4}$ L, $\frac{1}{2}$ L, Shuffle $\frac{1}{2}$ Turn L, Heel Switches, R Step, L Kick**

1-2       $\frac{1}{4}$  Turn L Step Fwd on L,  $\frac{1}{2}$  Turn L Step Back on R  
3&4      Shuffle  $\frac{1}{2}$  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 $\frac{1}{2}$ Turn R, R Kick-Ball-Cross, R Side Rock, R Kick & Point**

1-2      Cross L Over R, Unwind  $\frac{1}{2}$  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

## **$\frac{1}{4}$ L, Scuff $\frac{1}{4}$ L, R Chasse, L Rock Back, L Scissor Cross**

1-2       $\frac{1}{4}$  Turn L Step Fwd on L, Scuff R Next to L Turning Another  $\frac{1}{4}$  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, $\frac{1}{4}$ Turn R, R Sailor $\frac{1}{4}$ Turn R, L Step Fwd, R Tap Behind**

1-2      Rock R to R Side, Recover on L  
3-4      Cross R Over L,  $\frac{1}{4}$  Turn R Step Back on L  
5&6      Step R Behind L Turning  $\frac{1}{4}$  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**

**Contact: [dansenbijria@gmail.com](mailto:dansenbijria@gmail.com)**

---