

Adrenalize

拍數: 64 牆數: 2 級數: Improver
編舞者: Tina Argyle (UK) - March 2015
音樂: Good Thing - Keith Urban : (Album: FUSE)



Count In : 40 counts from heavy beat - start on word "hold"

S1: Walk Forward R,L Mambo Side Rock & Cross. Walk Forward L, R Side Mambo Rock & Cross.

1 - 2 Step forward right, step forward left
3&4 Rock right to right side, recover weight onto left, Cross right over left
5 - 6 Step forward left, step forward right
7&8 Rock left to left side, recover weight onto right, Cross left over right

S2: Diagonal Hip Bumps Back x2. Hip Bumps ¼ Turn. Hip Bumps To Side

1&2 Step right back to right diagonal bump hips RLR put weight onto right with last bump
3&4 Step left back to left diagonal bump hips LRL put weight onto left with last bump
5&6 Make ¼ turn right stepping right to right side bump hips RLR put weight onto right with last bump (3 o'clock)
7&8 Step left to left side bump hips LRL put weight onto left with last bump

S3: Sway, Sway, Side Touch, Sway, Sway, Slide Touch.

1 - 2 Step right to right side swaying hips right, rock weight onto left swaying hips left
3 - 4 Step right to right side, touch left at side of right
5 - 6 Step left to left side swaying hips left, rock weight onto right swaying hips right
7 - 8 Take long step left to left side, drag right towards left and touch on count 8

S4: Side, Behind Chasse. Mambo Cross Rock, Step Side Twist Heels Toes Heels

1-2 Step right to right side, Cross left behind right
3&4 Step right to right side, Close left at side of right, Step right to right side
5&6 Cross rock left over right, recover weight onto right, Step left to left side
7&8 Twist right heels toes then heels towards left, keeping weight on left

S5: Heel & Heel & diagonal Slide Fwd. Heel & Heel & diagonal Slide Fwd.

1&2 Touch right heel fwd, step together with right, touch left heel fwd
&3-4 Step together with left, Take long diagonal step fwd with right, touch left at side of right
5&6 Touch left heel fwd, step together with left, touch right heel fwd
&7-8 Step together with right, Take long diagonal step fwd with left, touch right at side of left

S6: Shuffle Back Right & Left. Reverse ½ Turn. Step ¼ turn, cross

1&2 Step back right, close left at side of right, Step back right
3&4 Step back left, close right at side of left, Step back left
5 - 6 Make ½ turn right stepping fwd onto right Step forward left. (9o'clock)
7 - 8 Make ¼ turn right onto right . Cross left over right (12 o'clock)

S7: ½ Hinge Turn. Cross Shuffle. Side Rock Recover. Behind Side Cross

1 - 2 Make ¼ turn left stepping back right. Make ¼ turn left stepping left to left side. (6 o'clock)
3&4 Cross right over left, Step left to left side, Cross right over left
5 - 6 Rock left to left side, recover weight onto right
7&8 Cross left behind right, step right to right side, cross left over right

S8: Side Behind & Heel & Cross. Side Behind & Heel & Heel

1 - 2 Step right to right side. cross left behind right
&3&4 Step right to right side , touch left heel to left diagonal, step down left , cross right over left

5 - 6 Step left to left side, cross right behind left
&7&8& Step left in place touch right heel fwd. Step right in place touch left heel fwd. step left in place

Re-Start ** During wall 2 dance to the end of Section 7 then re-start from the beginning facing 12 o'clock –**

ENJOY!!

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