

# Adrenaline Rush

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Maggie Gallagher (UK) - September 2015  
音樂: Shine In the Light - Anna Rossinelli : (amazon)



Intro: □ 16 counts. Start on the word 'picture'

## S1: SIDE, ROCK BACK, R CHASSE, ROCK BACK, L CHASSE

1-3            Step left to left side, Cross rock right behind left, Recover on left  
4&5           Step right to right side, Step left next to right, Step right to right side  
6-7           Cross rock left behind right, Recover on right  
8&1           Step left to left side, Step right beside left, Step left to left side

## S2: HOLD, & SIDE, TOUCH, ¼, ½, ½, ROCK & CROSS

2&3,4        HOLD, Step right next to left, Step left to left side, Touch right next to left  
5-7           ¼ right stepping forward right, ½ right stepping back on left, ½ right stepping forward right  
              [3.00]  
8&1           Rock left to left side, Recover on right, Cross left over right

## S3: R SIDE ROCK, CROSS, SIDE TOGETHER, L CHASSE

2-4           Rock right to right side, Recover on left, Cross right over left  
5-6           Step left to left side, Close right to left  
7&8           Step left to left side, Step right beside left, Step left to left side

## S4: BUMP BACK, R LOCK STEP, STEP, ½ R, L LOCK STEP

1-2           Bump back on right, Recover on left  
3&4           Step forward right, Lock left behind right, Step forward right  
5-6           Step forward left, Pivot ½ right [9.00]  
7&8           Step forward left, Lock right behind left, Step forward left

## S5: POINT, HOLD & POINT, ¼, HITCH, BACK BUMP, BUMP, BUMP

1,2&3        Point right to right side, HOLD, Step right next to left, Point left to left side  
4-5           ¼ left (swivelling on right), Hitch left [6.00]  
6-8           Step back on left bumping hips back left, Bump hips forward on right, Bump hips back on left

## S6: BALL ¼ CROSS, HOLD, BALL CROSS, HITCH, JAZZ BOX ½ CROSS

&1,2        Step ball of right foot next to left, ¼ left crossing left over right, HOLD □ [3.00]  
&3,4        Small ball step right, Cross left over right, Hitch right over left  
5-7        Cross right over left, ¼ right stepping back left, ¼ right stepping right to right side  
8           Cross left over right [9.00]

## S7: SIDE, HOLD & SIDE ROCK & SIDE ROCK, L ¼ SAILOR

1,2&        Step right to right side, HOLD, Step left next to right  
3-4        Rock right to right side, Recover on left  
&5,6       Step right next to left, Rock left to left side, Recover on right  
7&8        ¼ left stepping back left, Step right to right side, Step forward left

## S8: WALK R, L KICK BALL CHANGE, TOUCH, BUMP L, R, L, R

1,2&3       Walk right, Kick left forward, Step on ball of left next to right, Step on right  
4           Touch left next to right\* □ □ □ \*RESTART WALL 3  
5-8        Bump hips Left, Right, Left, Right

NOTE: There are three Tags & one Restart

**TAG 1: 16 counts. At the end of Wall 1 (facing 6.00)**

**TAG 2: 8 counts. At the end of Walls 2 & 6 (facing 12.00)**

**RESTART on Wall 3 after 60 counts (i.e. omit last four counts of hip bumps) facing 6.00**

**TAG 1: SIDE POINT, SIDE POINT, SWAY DOWN DOWN UP UP, SIDE TOUCH, SIDE TOUCH, BUMP L, R, L, R**

1-2 Step left (swaying hips to left side bending knees slightly), Point right toe to right diagonal

3-4 Step right (swaying hips to right side bending knees slightly), Point left toe to left diagonal

5-6 Sway hips to left side bending down on knees, Staying down sway hips over to right side

7-8 Sway hips up left, Sway hips up right

1-4 Step left to left side, Touch right next to left, Step right to right side, Touch left next to right

5-8 Bump hips left, right, left, right

**TAG 2: DANCE COUNTS 1-8 ONLY OF TAG 1**

**SIDE POINT, SIDE POINT, SWAY DOWN, DOWN, UP, UP**

**NOTE: The dance finishes after the tag at the end of Wall 6**

**Contact: [www.maggiieg.co.uk](http://www.maggiieg.co.uk)**

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