

Adrenalina

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Paulette Bordage (CAN) - December 2015
音樂: Adrenalina (feat. Jennifer Lopez & Ricky Martin) - Wisin



S1: ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP (1-8)

1,2 Rock RF fwd (1), recover on LF (2),
3&4 Step RF back (3), step LF next to RF (&), step RF fwd (4),
5,6 Rock LF fwd (5), recover on RF (6),
7&8 Step LF back (7), step RF next to LF (&), step LF fwd (8)

S2: STEP LOCK STEP FWD, STEP LOCK STEP FWD, STEP PIVOT 1/2 L, CROSS SHUFFLE(9-16)

1&2 Step RF fwd (1), lock LF behind RF (&), step RF fwd (2),
3&4 Step LF fwd (3), lock RF behind LF (&), step LF fwd (4),
5,6 Step RF fwd (5), pivot 1/2 turn left and step LF fwd (6), (6:00)
7&8 Cross RF over LF (7), step LF to left (&), cross RF over LF (8)

S3: ROCK RECOVER, CROSS SHUFFLE, ROCK RECOVER, CROSS SHUFFLE (17-24)

1,2 Rock LF to left (1), recover on RF (2),
3&4 Cross LF over RF (3), step RF to left (&), cross LF over RF (4),
5,6 Rock RF to right (5), recover on LF (6),
7&8 Cross RF over LF (7), step LF to left (&), cross RF over LF (8)

S4: ROCK RECOVER, CROSS SHUFFLE, STEP IN PLACE, RF, LF, RF, LF (25-32)

1,2 Rock LF to left (1), recover on RF (2),
3&4 Cross LF over RF (3), step RF to right (&), cross LF over RF (4)
5,6,7,8 Stomp RF (5), stomp LF (6), stomp RF (7), stomp LF (8)

S5: FWD TOUCH & TOUCH & TOUCH , HOLD, & TOUCH & TOUCH & TOUCH, HOLD, & (33-40)

1&2& Touch RT fwd (1), step RF in place (&), touch LT fwd (2), step LF in place (&)
3,4 Touch RT fwd (3), hold (4),
&5&6 Step RF in place (&), touch LT fwd (5), step LF together (&), touch RT fwd (6)
&7,8& Step RF in place (&), touch LT fwd (7), hold (8), step LF in place (&)

S6: SIDE TOUCH & TOUCH & TOUCH, HOLD, & TOUCH & TOUCH & TOUCH, HOLD, & (41-48)

&1&2 Step LF in place (&), Touch RT to right (1), step RF in place (&), touch LT to left (2)
&3,4 Step LF in place (&), touch RT to right (3), hold (4)
&5&6 Step RF in place (&), touch LT to left (5), step LF in place (&), touch RT to right (6),
&7,8& Step RF in place (&), touch LT fwd (7), hold (8), step LF in place (&)

S7-S8: REPEAT ABOVE COUNT (25 TO 48) FOR COUNT (49 TO 64)

S9: ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP (65-72)

1,2 Rock RF fwd (1), recover on LF (2),
3&4 Step RF back (3), step LF next to RF (&), step RF fwd (4),
5,6 Rock LF fwd (5), recover on RF (6)
7&8 Step LF back (7), step RF next to LF (&), step LF fwd (8)

S10: REPEAT ABOVE COUNT (65 TO 72) FOR COUNT (73 TO 80)

S11: 1/8 COUNT EACH, DO 4 BODY ROLLS TO END ON 1/2 TURN LEFT (81-88)

1,2,3,4 Step RF fwd (1), pivot 1/8 left (2), Step RF fwd (3), pivot 1/8 left (4)(3:00)
5,6,7,8 Step RF fwd (5), pivot 1/8 left (6), Step RF fwd (7), pivot 1/8 left (8)(12:00)

S12: REPEAT ABOVE (81 TO 88) FOR COUNT (89 TO 96)
These count s brings you to 6:00

RESTART THE DANCE

***3 TAGS :**

Tag 1: At end of wall 1, step in place 4 times, R,L,R,L and restart

Tag 2 : At end of wall 2, step in place 2 times, R,L and restart

Tag 4 : At end of wall 3, Free style for 8 counts and restart

ONE RESTART : On wall 3 , after count 80, before the body rolls, restart from beginning

Ending: On wall 5, dance up to count 64, step LF behind RF (&), cross RF over LF (1), unwind 1/2 turn left (2) and pose !!

Contact: berthaar@nb.sympatico.ca
