

# Adrenalina Cha Cha Cha

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jesus Pacheco (AUS) - August 2021  
音樂: Adrenalina (Cha Cha Cha / 32 Bpm) - Ballroom Orchestra & Singers



Sequence: Intro, Wall 1-4, Tag1, Wall 5-9, Tag2, Wall 10-11.

Intro: Hip Twist 16C - R L RLR, L R LRL (2X) (Skip Pre-intro)

## S1. Left cross over R, Hip Twist LRL, R cross over L. Hip Twist RL ¼ Turn R

1-2            Left Cross over Right Recover  
3&4           Hip Twist Left Right Left  
5 6            Right Cross over Left Recover  
7&8           Hip Twist, Right Left ¼ Turn Right

## S2. L cross over R, R Half Spin Turn, Triple Shuffle behind, LRL RLR LRL

1-2            Left cross over Right, Right Half Spin Turn  
3&4           Triple Shuffle Behind - Left Right left  
5&6           "" - Right Left Right  
&7&8          "" - Left Right Left and

## S3. Hip Twist- R L R L &, R behind, Step L, R Ronde cross over L &, Shuffle RLR

1-2-3-4       Hip Twist - Right Left Right Left  
&5&6 &       Right Behind Rhonde Right cross over Left,  
7&8            Cross Shuffle Right left Right

## S4. Susie Q: L R LRL, R L RLR

1-2            Left cross over Right, Right point  
3&4            Shuffle, Left Right Left  
5-6            Cross Shuffle, Right cross over left, Left Point  
7&8            Shuffle, Right Left Right

## Tag 1. 8C - 1 2, 3&4, 5 6, 7& 8& (Start after Wall 4)

L cross over R Recover, Hip Twist LRL  
R cross over L Recover, Hip Twist RLR&

## Tag 2. 4C - 1 2, 3&4& (Start after Wall 9)

L cross over R Recover, Hip Twist LRL &

Keep on groovin', Enjoy your Fitness guys!!!

Best regards, Jesus Pacheco - Sydney Australia

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