

# (You're My) Adrenalina

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Juan C. Gonzalez (USA) - May 2022  
音樂: Adrenalina - Senhit & Flo Rida



#16 Count Intro. 2 restarts after 16 counts on wall 5 (facing 9:00) and wall 7 (facing 3:00).

\*1st Place Beginner/Improver line dance at USLDCC in Fun In The Sun 2022.

The artist released two versions of the song; please ensure you grab the correct one which is approximately 2:59 long.

## [1-8] 2x Points, Cross Samba, 2x Points, Cross Shuffle

1-2      Point RF across LF (1), Point RF to the side (2) 12:00  
3&4      Cross RF in front of LF (3), Step LF to the side (&), Step RF next to LF (4) 12:00  
5-6      Point LF across RF (5), Point LF to the side (6) 12:00  
7&8      Cross LF in front of RF (7), Step RF to the side (&), Step LF in front of RF (8) 12:00

## [9-16] Mambo Forward, Mambo Back, ¼ Pivot Turn, Left Vine

1&2      Rock RF forward (1), Recover weight on LF (&), Step RF next to LF (2) 12:00  
3&4      Rock LF back (3), Recover weight on RF (&), Step LF next to RF (4) 12:00  
5-6      Step RF forward (5), Make ¼ turn left stepping LF to the side (6) 9:00  
7&8&      Cross RF in front of LF (7), Step LF to the side (&), Cross RF behind LF (8), Step LF to the side (&) 9:00

Restart here on wall 5 facing 9:00, and on wall 7 facing 3:00

## [17-24] ¼ Turn Left Rock-Recover, Ball-Touch, Hip Bump, Rock-Recover, Ball-Touch - Chest Pump

1-2      Make ¼ turn left rocking RF to the side (1), Recover weight on LF (2) 6:00  
&3&4      Step RF next to LF (&), Touch L toe forward (3), Bump left hip up (&), Recover back to center (4) 6:00  
5-6      Rock LF to the side (5), Recover weight on RF (6) 6:00  
&7&8      Step LF next to RF (&), Touch R toe forward (&), Pump chest forward (&), Recover back to center (8) 6:00

## [25-32] 2x Dorothy Steps, ¾ Cross Unwind, V step

1-2&      Step RF to the diagonal forward (1), Lock LF behind RF (2), Step RF forward (&) 6:00  
3-4&      Step LF to the diagonal forward (3), Lock RF behind LF (4), Step LF forward (&) 6:00  
5-6      Cross RF in front of LF (5), Unwind on balls of feet to make ¾ left turn finish with weight on LF (6) 9:00  
7&8&      Step R heel to the diagonal forward (7), Step L heel to the side (&), Step RF back to center (8), Step LF next to RF (7) 9:00

Ending: On wall 10 replace counts 29-30 (¾ Cross Unwind) with:  
Step RF forward (29), Make ¼ turn left stepping LF forward (30) to face 12:00, and continue with your V step.  
12:00

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