

# Adrenalina Cha Cha Cha

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Jesus Pacheco (AUS) - August 2021

**Music:** - 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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