

Pure Adrenaline

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Count: 108

Wall: 4

Level: Phrased Intermediate

Choreographer: Jessica Short and Kerry Kick – Jan 2017

Music: Pure Adrenaline by Garth Brooks

(Start on Vocals) Phrased: AB AB Tag B B

PHRASE A (52 counts):

[A: 1-8] PUSH AND CROSS, SIDE, POP KNEE, ROLLING VINE LEFT

1 & 2 Step R to right side (1), recover in place on L (&), Cross/Step R over left (2) 12:00

3, 4 Step L to left side (3), Step R behind left popping left knee forward (4) 12:00

5, 6¼ turn left step L forward (5), ¼ turn left step R to right side (6) 6:00

7, 8½ turn left step L to left side (7), Touch R next to left (8) 12:00

[A: 9-16] TOUCH OUT, IN, STEP RIGHT, TOUCH, TOUCH OUT, IN, STEP LEFT, TOUCH

1, 2 Touch right toe to right side (1), Touch right toe next to left foot (2) 12:00

3, 4 Step R to right side (3), Touch left toe next to right foot (4) 12:00

5, 6 Touch left toe to left side (5), Touch left toe next to right foot (6) 12:00

7, 8 Step L to left side (7), Touch right toe next to left foot (8) 12:00

[A: 17-24] JUMP FRONT, CLAP, JUMP BACK, CLAP, ½ PIVOT, ½ PIVOT

& 1, 2 Step R forward (&), step left next to right (1), Clap (2) 12:00

& 3, 4 Step R back (&), step left next to right (3), Clap (4) 12:00

5, 6 Step R forward (5), pivot ½ turn left end with weight on L (6) 6:00

7, 8 Step R forward (7), pivot ½ turn left end with weight on L (8) 12:00

[A: 25-32] STEP TOUCH, LEFT BACK LOCK STEP, RIGHT BACK LOCK STEP, STEP FWD, CLAP X2

1, 2 Step R forward (1), Touch left toe next to right foot (2) 12:00

3 & 4 Step L back (3), Cross/Lock R over left (&), Step L back (4) 12:00

5 & 6 Step R back (5), Cross/Lock L over right (&), Step R back (6) 12:00

7, & 8 Step L forward (7), Clap twice (& 8) 12:00

[A: 33-40] ROCK FWD RIGHT, ROCK FWD LEFT, ROCK BACK RIGHT, KICK BALL CHANGE

- 1, 2 Rock forward on R (1), Recover weight back onto L (2) 12:00
- & 3, 4 Step R to inside of L (&), Rock forward on L (3) Recover weight back onto R (4) 12:00
- & 5, 6 Step L to inside of R (&) Step back on R (rocking back) (5) Recover forward onto L (6) 12:00
- 7 & 8 Kick R forward (7) Step down on R (&) Step forward on L (8) 12:00

[A: 40-48] CROSS ROCK STEP TOGETHER, CROSS ROCK STEP TOGETHER, JAZZ BOX ¼ TURN

- 1 & 2 Cross/Step R over left (1), Recover weight back onto L (&), Step R to right side (2) 12:00
- 3 & 4 Cross/Step L over right (3), Recover weight back onto R (&), Step L to left side (4) 12:00
- 5, 6 Cross/Step R over left (5), Step L back (6) 12:00
- 7, 8¼ turn to right and Step R forward (7), Step L next to right (8) 3:00**

[A: 48-52] CROSS ROCK STEP TOGETHER, CROSS ROCK STEP TOGETHER

- 1 & 2 Cross/Step R over left (1), Recover weight back onto L (&), Step R to right side (2) 3:00
- 3 & 4 Cross/Step L over right (3), Recover weight back onto R (&), Step L to left side (4) 3:00

PHRASE B (56 counts):

[B: 1-8] R HEEL FWD, L HEEL FWD, STEP R FWD, STEP L TOGETHER, ½ TURN RIGHT/TURNING BOX

- 1 & Touch R heel forward (1), Step R next to left (&) 3:00
- 2 & Touch L heel forward (2) Step L next to right (&) 3:00
- 3, 4 Big Step R forward (3), drag left and Step L next to right (4) 3:00
- 5, 6 Cross R over left (5), ¼ turn right and Step L back (6) 6:00

7, 8¼ turn right and Step R forward (7), Step L forward (8) 9:00

[B: 9-16] Repeat B: 1-8

[B: 17-24] STEP R SIDE, ¼ TURN LEFT AND KICK LEFT, L COASTER, ROCK STEP FORWARD x2

- 1, 2 Step R to right side with double knee bend-weight on right (1), ¼ turn left and kick left 12:00
- 3 & 4 Step L back (3), Step R back to meet left (&), Step L forward (4) 12:00

5 & 6 Step R to right side (5), Step L in place (&), Step R forward (6) 12:00

7 & 8 Step L to left side (7), Step R in place (&), Step L forward (8) 12:00

[B: 25-32] Repeat B: 17-24

[B: 33-36] R ROCK AND CROSS, UNWIND FULL TURN LEFT

1 & 2 Step R to right side (1), Step L in place (&), Step R over left (2) 9:00

3, 4 Full turn left, end with weight on left (3, 4) 9:00

***[B: 37-48] TWO HIP BUMPS RIGHT, KICK L STEP CROSS, STEP CROSS, SIDE L, ¼ TURN TO RIGHT, STEP L**

5, 6 Step R to right side and bump hips to right (5), bump hips to right (6) 9:00

7 & 8 Kick L forward (7), Replace L from whence it came (&), Step R over left (8) 9:00

& 1, 2 Step L to left side (&), Step R over left (1), Step L to left side (2) 9:00

3, 4¼ turn to right and Step R forward (3), Step L forward (4) 12:00

[B: 39-52] Repeat B: 37-48

[B: 53-56] STEP R FWD, TOUCH L AND CLAP, ¼ TURN LEFT AND STEP L FWD, TOUCH R AND CLAP

5, 6 Step R forward on R diagonal (5), Touch L together w/clap (6) 3:00

7, 8¼ turn left and Step L forward on L diagonal (7), Touch R together w/clap (8) 12:00

***TAG (24 counts): After second wall, repeat B 37-56 (starting with the hip bumps) and do B: 53-56 twice (step touch 4x in total)**

Contact the choreographers at www.kerrykick.com