

# Adrenalina

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**Count:** 96

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Paulette Bordage, Moncton NB (Canada) Dec. 2015

**Music:** Wisin by Adrenalina ft Jennifer Lopez and Ricky Martin

## **S1: ROCK RECOVER, COATER 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 counts 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 !!**

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