

Adrenalina

Choreograaf : Ria Vos (Maart 2014)

Soort dans : 2 muurs linedans

Niveau : Easy Intermediate

Tellen : 64

Intro: 28 Counts from start of track, on vocals (± 13 sec)

Koop muziek iTunes: [Adrenalina \(feat. Jennifer Lopez & Ricky Martin\)](#)

www.allcountry.eu

Muziek : Adrenalina

Artiest : Ricky Martin

R Side, Together, R Shuffle Fwd, L Side, Together, L Coaster Step

1-2 Step R to R Side, Step L Next to R

3&4 Shuffle Fwd Stepping R-L-R

5-6 Step L to L Side, Step R Next to L

7&8 Step Back on L, Step R Next to L, Step Fwd on L

R Heel Grind, ¼ Turn R, R Coaster Step, L Cross, Flick, R Crossing Samba

1-2 Grind R Heel Across L, ¼ Turn R Step Back on L

3&4 Step Back on R, Step L Next to R, Step Fwd on R

5-6 Cross L Over R, Flick R to R Side

7&8 Cross R Over L, Rock L to L Side, Recover on R

L Cross, Side, Behind-Side-Cross, R Side, Hold (Bump), & R Side, L Touch

1-2 Cross L Over R, Step R to R Side

3&4 Step L Behind R, Step R to R side, Cross L Over R

5&6 Step R to R Side, Hold and Bump Hips R Twice

&7-8 Step L Next to R, Step R to R Side, Touch L Next to R

¼ L, ½ L, Shuffle ½ Turn L, Heel Switches, R Step, L Kick

1-2 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R

3&4 Shuffle ½ Turn L Stepping L-R-L

5& Touch R Heel Fwd, Step R Next to L

6& Touch L Heel Fwd, Step L Next to R

7-8 Step Fwd on R, Kick L Fwd

Cross, Unwind ½ Turn R, R Kick-Ball-Cross, R Side Rock, R Kick & Point

1-2 Cross L Over R, Unwind ½ Turn R (weight on L) **Restart Point wall 4

3&4 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R*

**Restart Point wall 2*

5-6 Rock R to R Side, Recover on L

7&8 Kick Fwd on R, Cross R Over L, Point L to L Side

¼ L, Scuff ¼ L, R Chasse, L Rock Back, L Scissor Cross

1-2 ¼ Turn L Step Fwd on L, Scuff R Next to L Turning Another ¼ Turn L

3&4 Step R to R Side, Step L Next to R, Step R to R Side

5-6 Rock Back on L, Recover on R

7&8 Step L to L Side, Step R Next to L, Cross L Over R

R Side Rock, R Cross, ¼ Turn R, R Sailor ¼ Turn R, L Step Fwd, R Tap Behind

1-2 Rock R to R Side, Recover on L

3-4 Cross R Over L, ¼ Turn R Step Back on L

5&6 Step R Behind L Turning ¼ Turn R, Step L Next to R, Step Fwd on R

7-8 Step Fwd on L, Tap R Behind L Heel

Rock Back (with Kick, Flick), Shuffle Fwd, Rock Fwd, R Coaster Cross

1-2 Rock Back on R (option: Low L Kick Fwd), Recover on L

(option: Flick R Backwards)

3&4 Shuffle Fwd Stepping R-L-R

5-6 Rock Fwd on L, Recover on R

7&8 Step Back on L, Step R Next to L, Cross L Over R

Restarts: On wall 2 After count 36*, On wall 4 After count 34** both facing 12:00