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| Instant Radiation |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Andrew Palmer (UK) & Simon Cox (UK) |
| **Music:** | Chain Reaction - Steps |
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**LEFT HEEL-JACK, LEFT STEP DOWN, TOUCH RIGHT, RIGHT KICK BALL CHANGE, RIGHT ROCK RECOVER, RIGHT SHUFFLE BACK**

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| &1&2-3&4 | Step back right, touch left heel forward, step down left, touch right beside left, right kick-ball change |

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| 5-6-7&8 | Rock right forward, recover, right shuffle back |

**STEP ½ TURN LEFT, TOUCH RIGHT SIDE RIGHT, RIGHT CROSS SHUFFLE, STEP LEFT BACK, STEP RIGHT SIDE RIGHT, LEFT CROSS SHUFFLE**

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| 1-2-3&4 | ½ turn left step left forward, (6:00) touch right side right, right cross shuffle |

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| --- | --- |
| 5-6-7&8 | Step left back, step right side right, left cross shuffle |

**4 HIP SWAYS RIGHT, LEFT, RIGHT, LEFT, KICK RIGHT, RIGHT ROCK RECOVER, CROSS UNWIND ½ TURN LEFT**

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| 1-2-3-4 | Step right side right as sway hips right, sway hips left, right, left |

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| 5&6 | Kick right across left, rock right side right, recover |

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| 7-8 | Cross right over left, unwind ½ turn left |

**JAZZ JUMP FORWARD AND BACK, HEEL RAISE TWICE, BOX WITH ¼ TURN RIGHT**

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| --- | --- |
| &1&2 | Small jump forward right, left, small jump back right, left |

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| --- | --- |
| &3&4 | Raise both heels off floor, replace, raise both heels off floor, replace |

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| 5-6-7-8 | Cross right over left, step back on left, step right ¼ turn right, step left in place beside right |

**REPEAT**