Count: 48
Wall: 4
Level: Intermediate WCS
Choreographer: Sebastiaan Holtland (NL) - December 2017
Music: Adrenaline - Lauv : (EP: Lost in the Light 2015)


Restart in wall 4 after 32 counts, after start again facing $60^{\circ}$ clock and one easy tag ending wall 5 after 48 counts.<br>Introduction: $\mathbf{3 2}$ counts, start on approx. 20 sec<br>\section*{Part 1. [1-8] L Side, Behind with Knee Lift R, Replace with Knee Rise R, Cross, Back Side Step with $1 / 4$ Turm} R, Side, Together, Back.<br>1,2\& $\quad$ Step $R$ to $R(1)$, Step $L$ behind $R$ and lift $R$ knee up (2), Step $R$ back in place slightly to $R(\&)$.<br>3,4 Step $L$ back in place and rising $R$ knee up (3), Step $R$ across $L$ (4).<br>5\&6 Step L back (5), Make $1 / 4$ turn R (3.00) step R to R (\&), Step L fwd (6).<br>7\&8 Step R to R (7), Step L beside R (\&), Step R back (8).

PART 2. [9-16] 2x Sugar Foots R, L, Coaster Step L, Big Step R with Drag L, Together, Knee Pops R, L.
1,2 Step $L$ back and push $R$ toes to $R$ and holding $R$ heel on the floor (1), Step $R$ back and push $L$ toes to $L$ and holding $L$ heel on the floor (2),
3\&4 Step L back (3), Step R beside L (\&), Step L fwd (4).
$5,8 \quad$ Step $R$ big to $R$ and drag $L$ toewards $R(5)$, Step $L$ beside $R(6)$, Pop $R$ knee fwd (7), Step R back in place and pop $L$ knee fwd (8).

PART 3. [17-24] Pop R Fwd with Arm Movement, Pop L Fwd with 1/8 Turn L with Arm Movement, Step Lock Step L, $1 / 2$ Pivot Turn L, $1 / 2$ Shuffle Turn L.

1
Step $L$ back in place and pop $R$ knee fwd: at the same time create a drinking motion with your $R$ hand and move your head with it (1).
2 Step R back in place and make $1 / 8$ turn $L$ (1.30) and pop $L$ knee fwd: at the same time, bring your $R$ hand to your $L$ fist fwd at chest height (2).
3\&4 On diagonal: Step L fwd (3), Lock R behind L (\&), Step L fwd (4).
$5,6 \quad$ On diagonal: Step $R$ forward (5), Pivot turn $1 / 2$ turn $L$ (7.30) over $L$ and taking weight onto $L$ (6).

7\&8 On diagonal: Continue a $1 / 2$ turn $L$ (1.30) step $R$ back (7), Step $L$ beside $R(\&)$, Step $R$ back (8).

PART 4. [25-32] Back with Drag R, Together, Step Lock Step L with $1 / 8$ Turn L, $1 / 2$ Pivot Turn L, $2 x$ Camel Walks R, L.
1,2 On diagonal: Step $L$ back and drag $R$ towards $L$ (1), Step $R$ beside $L$ (2).
3\&4 Step R forward (3), Make 1/8 turn L (12.00) lock R behind L (\&), Step L forward (4).
$5,6 \quad$ Step $R$ forward (5), Pivot Turn $1 / 2$ turn $L$ (6.00) over $L$ and taking weight onto $L$ (6).
7,8 Step R fwd while you pop L knee fwd (7), Step L fwd while you pop $R$ knee fwd (8).
(NB: Restart here in wall 4 after 32 counts, after start again (facing 12 o'clock).
PART 5. [33-40] Big Step R, Together with Knee Pop R, Fwd Coaster Step R with Sweep L, Back, Side with 1/8 Turn R, Step with Sweep R, Weave L with 1/8 Turn R, Behind with Sweep L.
1,2 Step $R$ big to $R$ (1), Step $L$ beside $R$ and pop $R$ knee fwd (2).
$3 \& 4 \quad$ Step $R$ fwd (3), Step $L$ beside $R(\&)$, Step $R$ back and sweep $L$ from front to back (4).
5\&6
Step $L$ behind $R(5)$, Make $1 / 8$ turn $R(7.30)$ step $R$ to $R(\&)$, On diagonal: Step $L$ fwd and sweep $R$ from back to front (6).
7\&8 Step $R$ across $L$ (7), Make $1 / 8$ turn $R(9.00)$ step $L$ to $L(\&)$, Step $R$ behind $L$ and sweep $L$ from front to back (8).

PART 6. [41-48] Weave R, Side, Cross Rock / Recover, Side, Side $1 / 2$ Turn L with Heel Flick L, Side, Hold, Ball Step L.

1\&2\&
3,4
\&5,6

7
\&8

Step $L$ behind $R(1)$, Step $R$ to $R(\&)$, Step $L$ across $R(2)$, Step $R$ to $R(\&)$.
(NB: Tag - wall 5 after 32 counts, Then start again (facing 6 o'clock).
TAG: 1-4 Out, Out, Big Step Back with Heel Drag L, Together.
$1,4 \quad$ Step $R$ out to $R(1)$, Step $L$ out to $L$ (2), Step $R$ big back and drag $L$ heel slightly toewards $R$ (3), Step L beside R (4).

REPEAT DANCE AND HAVE FUN!!

