

(You're My) Adrenalina

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Juan C. Gonzalez (USA) - May 2022

Music: Adrenalina - Senhit & Flo Rida



#16 Count Intro. 2 restarts after 16 counts on wall 5 (facing 9:00) and wall 7 (facing 3:00).

*1st Place Beginner/Improver line dance at USLDCC in Fun In The Sun 2022.

The artist released two versions of the song; please ensure you grab the correct one which is approximately 2:59 long.

[1-8] 2x Points, Cross Samba, 2x Points, Cross Shuffle

- 1-2 Point RF across LF (1), Point RF to the side (2) 12:00
- 3&4 Cross RF in front of LF (3), Step LF to the side (&), Step RF next to LF (4) 12:00
- 5-6 Point LF across RF (5), Point LF to the side (6) 12:00
- 7&8 Cross LF in front of RF (7), Step RF to the side (&), Step LF in front of RF (8) 12:00

[9-16] Mambo Forward, Mambo Back, ¼ Pivot Turn, Left Vine

- 1&2 Rock RF forward (1), Recover weight on LF (&), Step RF next to LF (2) 12:00
- 3&4 Rock LF back (3), Recover weight on RF (&), Step LF next to RF (4) 12:00
- 5-6 Step RF forward (5), Make ¼ turn left stepping LF to the side (6) 9:00
- 7&8& Cross RF in front of LF (7), Step LF to the side (&), Cross RF behind LF (8), Step LF to the side (&) 9:00

Restart here on wall 5 facing 9:00, and on wall 7 facing 3:00

[17-24] ¼ Turn Left Rock-Recover, Ball-Touch, Hip Bump, Rock-Recover, Ball-Touch - Chest Pump

- 1-2 Make ¼ turn left rocking RF to the side (1), Recover weight on LF (2) 6:00
- &3&4 Step RF next to LF (&), Touch L toe forward (3), Bump left hip up (&), Recover back to center (4) 6:00
- 5-6 Rock LF to the side (5), Recover weight on RF (6) 6:00
- &7&8 Step LF next to RF (&), Touch R toe forward (&), Pump chest forward (&), Recover back to center (8) 6:00

[25-32] 2x Dorothy Steps, ¾ Cross Unwind, V step

- 1-2& Step RF to the diagonal forward (1), Lock LF behind RF (2), Step RF forward (&) 6:00
- 3-4& Step LF to the diagonal forward (3), Lock RF behind LF (4), Step LF forward (&) 6:00
- 5-6 Cross RF in front of LF (5), Unwind on balls of feet to make ¾ left turn finish with weight on LF (6) 9:00
- 7&8& Step R heel to the diagonal forward (7), Step L heel to the side (&), Step RF back to center (8), Step LF next to RF (7) 9:00

Ending: On wall 10 replace counts 29-30 (¾ Cross Unwind) with:

Step RF forward (29), Make ¼ turn left stepping LF forward (30) to face 12:00, and continue with your V step. 12:00

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Last Update - 19 Nov.. 2022 - R2