

Adrenaline

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barry Durand (USA)
音樂: Adrenalina - DJ Mendez



HIP BUMPS, TAP STEPS, KICK BALL CHANGE

- 1-2 Step side left and bump hip left, step side right and bump hip right
- 3-4 Step side left and bump hip left, tap right together
- 5-6 Step side right, tap left together
- 7&8 Left kick ball change (kick left, step on ball of left, step in place right)

PIVOT TURN, RONDE, BACK, SIDE, CROSS

- 1-2 Forward left, turning $\frac{1}{2}$ turn to the right and step on right
- 3-4 Step forward left, while making a $\frac{1}{2}$ turn right and ronde right foot around - like a sweep low but above the ground
- 5-6 Cross behind stepping on right, step side left
- 7-8 Cross in front right, tap side left

SIDE TAPS, FLICK, PIVOT TURN, HAND CLAPS

- &1 Bring left together, tap right to side
- &2 Step right together, tap left to side
- 3-4 Bring left together while flicking right (bring right leg up bent in attitude position) and turning $\frac{1}{4}$ turn left (take 2 full counts with that move)
- 5-6 Step forward right, pivot $\frac{1}{2}$ turn to left and step left
- 7&8 Step forward right while turning $\frac{1}{2}$ turn left, hold and clap hands twice (&8)

LOCK STEP STOMPS, PIVOT TURN

Technically this is too hard to actually count if you hit the accents in the music, but I can give you a rhythm that will work

- 1&2 Step forward left, lock right behind, forward left
- &3 Lock right behind, forward left
- &4 Lock right behind, forward left
- 7-8 Step forward right, turn $\frac{1}{2}$ turn left and point left foot forward

Trust me the counts do work. The counts are closest to 1, &3, &5, &6, 7,8 if that helps. But using a step count knowing that while counting 1, &2, &3, &4 you are actually using up 6 beats works for teaching.

It will be more fun to accent the music by making these heavy steps or stomps

If you dance it to other music, the counts can be 1,2,3,4,5, pivot left on right (6-7), point left and hold (8)

REPEAT

RESTART

On wall 6, restart after count 8 of the dance. Do the dance 5 more times (you will pass by the chorus and do it one more time during a different sounding piece facing 6:00 wall). during the last of the 5 times there is a big break on 7-8 in the music. that tells you the 4 count tag is coming

- 1-2 Sway left
- 3-4 Sway right

Start from the beginning

SPICE MOVES

These are variations in the dance to "spice" up the dance. Doing any or all of these moves will put it in an advanced category

VAUDEVILLE HOP (HEEL JACK), SCUFF, SIDE & TAP

- 1-2 Side left, cross back right
- &3 Side left, scuff right to right side
- &4 Step onto right, tap left together
- 5-6 Side left, tap together right
- 7-8 Side right, tap together

. You can also turn up the octane and do all vaudeville hops quickly 1, 2&3&4&5&6&7&8 finishing with a tap together on 8

HIP BUMPS, TAP STEP, KICK BALL CROSS TURN

Just like normal through count 4

- 1-2 Step side left and bump hip left, step side right and bump hip right
- 3-4 Step side left and bump hip left, tap right together
- 5&6 Kick right forward, step in place right, cross left in front
- 7-8 Unwind full turn to right and end with weight on right

The next move is a pivot turn so just keep it going and it seems natural

PIVOT TURN, RONDE, EXTRA TURNS

Just like normal through count 4

- 1-2 Forward left, turning ½ turn to the right and step on right
- 3-4 Step forward left, while making a ½ turn right and ronde right foot around - like a sweep low but above the ground
- 5-6 Hook tight behind stepping on right and unwind full turn
- 7-8 Tap left, hold

Or keep the turn going and do one more on 7& (can be left, right) tap 8
