

# Adrenalize

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**Choregraphie par :** Tina ARGYLE

**Description :** 64 temps, 2 murs, Novice, Mars  
2015

**Musique :** Good Thing par Keith URBAN

**Count In :** 40 counts from heavy beat – start on word  
“hold”



**S1: Walk Forward R,L Mambo Side Rock & Cross. Walk Forward L, R Side Mambo Rock & Cross.**

- 1 – 2 Step forward right, step forward left
- 3&4 Rock right to right side, recover weight onto left, Cross right over left
- 5 – 6 Step forward left, step forward right
- 7&8 Rock left to left side, recover weight onto right, Cross left over right

**S2: Diagonal Hip Bumps Back x2. Hip Bumps ¼ Turn. Hip Bumps To Side**

- 1&2 Step right back to right diagonal bump hips RLR put weight onto right with last bump
- 3&4 Step left back to left diagonal bump hips LRL put weight onto left with last bump
- 5&6 Make ¼ turn right stepping right to right side bump hips RLR put weight onto right with last bump (3 o'clock)
- 7&8 Step left to left side bump hips LRL put weight onto left with last bump

**S3: Sway, Sway, Side Touch, Sway, Sway, Slide Touch.**

- 1 – 2 Step right to right side swaying hips right, rock weight onto left swaying hips left
- 3 – 4 Step right to right side, touch left at side of right
- 5 – 6 Step left to left side swaying hips left, rock weight onto right swaying hips right
- 7 – 8 Take long step left to left side, drag right towards left and touch on count 8

**S4: Side, Behind Chasse. Mambo Cross Rock, Step Side Twist Heels Toes Heels**

- 1-2 Step right to right side, Cross left behind right
- 3&4 Step right to right side, Close left at side of right, Step right to right side
- 5&6 Cross rock left over right, recover weight onto right, Step left to left side
- 7&8 Twist right heels toes then heels towards left, keeping weight on left

**S5: Heel & Heel & diagonal Slide Fwd. Heel & Heel & diagonal Slide Fwd.**

- 1&2 Touch right heel fwd, step together with right, touch left heel fwd
- &3-4 Step together with left, Take long diagonal step fwd with right, touch left at side of

right

5&6 Touch left heel fwd, step together with left, touch right heel fwd

&7-8 Step together with right, Take long diagonal step fwd with left, touch right at side of left

**S6: Shuffle Back Right & Left. Reverse ½ Turn. Step ¼ turn, cross**

1&2 Step back right, close left at side of right, Step back right

3&4 Step back left, close right at side of left, Step back left

5 – 6 Make ½ turn right stepping fwd onto right Step forward left. (9o'clock)

7 – 8 Make ¼ turn right onto right . Cross left over right (12 o'clock)

**S7: ½ Hinge Turn. Cross Shuffle. Side Rock Recover. Behind Side Cross**

1 – 2 Make ¼ turn left stepping back right. Make ¼ turn left stepping left to left side. (6 o'clock)

3&4 Cross right over left, Step left to left side, Cross right over left

5 – 6 Rock left to left side, recover weight onto right

7&8 Cross left behind right, step right to right side, cross left over right

**S8: Side Behind & Heel & Cross. Side Behind & Heel & Heel**

1 – 2 Step right to right side. cross left behind right

&3&4 Step right to right side , touch left heel to left diagonal, step down left , cross right over left

5 – 6 Step left to left side, cross right behind left

&7&8&& Step left in place touch right heel fwd. Step right in place touch left heel fwd. step left in place

**Re-Start \*\*\*\* During wall 2 dance to the end of Section 7 then re-start from the beginning facing 12 o'clock –**

**ENJOY!!**

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