

Adrenalina

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Count: 64 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Ria Vos, (March 2014)

Music: Adrenalina (feat. Jennifer Lopez & Wisin) [Spanglish Version] - Ricky Martin, Single (3:55min)

Intro: 28 Counts from start of track, on vocals (\pm 13 sec)

R Side, Together, R Shuffle Fwd, L Side, Together, L Coaster Step

- 1-2 Step R to R Side, Step L Next to R
- 3&4 Shuffle Fwd Stepping R-L-R
- 5-6 Step L to L Side, Step R Next to L
- 7&8 Step Back on L, Step R Next to L, Step Fwd on L

R Heel Grind, $\frac{1}{4}$ Turn R, R Coaster Step, L Cross, Flick, R Crossing Samba

- 1-2 Grind R Heel Across L, $\frac{1}{4}$ Turn R Step Back on L
- 3&4 Step Back on R, Step L Next to R, Step Fwd on R
- 5-6 Cross L Over R, Flick R to R Side
- 7&8 Cross R Over L, Rock L to L Side, Recover on R

L Cross, Side, Behind-Side-Cross, R Side, Hold (Bump), & R Side, L Touch

- 1-2 Cross L Over R, Step R to R Side
- 3&4 Step L Behind R, Step R to R side, Cross L Over R
- 5&6 Step R to R Side, Hold and Bump Hips R Twice
- &7-8 Step L Next to R, Step R to R Side, Touch L Next to R

$\frac{1}{4}$ L, $\frac{1}{2}$ L, Shuffle $\frac{1}{2}$ Turn L, Heel Switches, R Step, L Kick

1-2 $\frac{1}{4}$ Turn L Step Fwd on L, $\frac{1}{2}$ Turn L Step Back on R

- 3&4 Shuffle $\frac{1}{2}$ Turn L Stepping L-R-L
- 5& Touch R Heel Fwd, Step R Next to L
- 6& Touch L Heel Fwd, Step L Next to R
- 7-8 Step Fwd on R, Kick L Fwd

Cross, Unwind $\frac{1}{2}$ Turn R, R Kick-Ball-Cross, R Side Rock, R Kick & Point

- 1-2** Cross L Over R, Unwind $\frac{1}{2}$ Turn R (weight on L) **Restart Point wall 4
- 3&4** Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R *Restart Point wall 2
- 5-6** Rock R to R Side, Recover on L
- 7&8** Kick Fwd on R, Cross R Over L, Point L to L Side

$\frac{1}{4}$ L, Scuff $\frac{1}{4}$ L, R Chasse, L Rock Back, L Scissor Cross

1-2 $\frac{1}{4}$ Turn L Step Fwd on L, Scuff R Next to L Turning Another $\frac{1}{4}$ Turn L

- 3&4** Step R to R Side, Step L Next to R, Step R to R Side
- 5-6** Rock Back on L, Recover on R
- 7&8** Step L to L Side, Step R Next to L, Cross L Over R

R Side Rock, R Cross, $\frac{1}{4}$ Turn R, R Sailor $\frac{1}{4}$ Turn R, L Step Fwd, R Tap Behind

- 1-2** Rock R to R Side, Recover on L
- 3-4** Cross R Over L, $\frac{1}{4}$ Turn R Step Back on L
- 5&6** Step R Behind L Turning $\frac{1}{4}$ Turn R, Step L Next to R, Step Fwd on R
- 7-8** Step Fwd on L, Tap R Behind L Heel

Rock Back (with Kick, Flick), Shuffle Fwd, Rock Fwd, R Coaster Cross

- 1-2** Rock Back on R (option: Low L Kick Fwd), Recover on L (option: Flick R Backwards)
- 3&4** Shuffle Fwd Stepping R-L-R
- 5-6** Rock Fwd on L, Recover on R
- 7&8** Step Back on L, Step R Next to L, Cross L Over R

Restarts: On wall 2 After count 36*, On wall 4 After count 34 both facing 12:00**

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