



## Adrenaline Rush

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

**Choreographer:**Maggie Gallagher (Sept. 2015)

**Music:**Shine in the Light by Anna Rossinelli (Amazon)

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**Intro: 16 counts. Start on the word 'picture'**

**S1: SIDE, ROCK BACK, R CHASSE, ROCK BACK, L CHASSE**

1-3Step left to left side, Cross rock right behind left, Recover on left  
4&5Step right to right side, Step left next to right, Step right to right side  
6-7Cross rock left behind right, Recover on right  
8&1Step left to left side, Step right beside left, Step left to left side

**S2: HOLD, & SIDE, TOUCH, ¼, ½, ½, ROCK & CROSS**

2&3,4HOLD, Step right next to left, Step left to left side, Touch right next to left  
5-7¼ right stepping forward right, ½ right stepping back on left, ½ right stepping forward right [3.00]  
8&1Rock left to left side, Recover on right, Cross left over right

**S3: R SIDE ROCK, CROSS, SIDE TOGETHER, L CHASSE**

2-4Rock right to right side, Recover on left, Cross right over left  
5-6Step left to left side, Close right to left  
7&8Step left to left side, Step right beside left, Step left to left side

**S4: BUMP BACK, R LOCK STEP, STEP, ½ R, L LOCK STEP**

1-2Bump back on right, Recover on left  
3&4Step forward right, Lock left behind right, Step forward right  
5-6Step forward left, Pivot ½ right [9.00]  
7&8Step forward left, Lock right behind left, Step forward left

**S5: POINT, HOLD & POINT, ¼, HITCH, BACK BUMP, BUMP, BUMP**

1,2&3Point right to right side, HOLD, Step right next to left, Point left to left side  
4-5¼ left (swivelling on right), Hitch left [6.00]  
6-8Step back on left bumping hips back left, Bump hips forward on right, Bump hips back on left

**S6: BALL ¼ CROSS, HOLD, BALL CROSS, HITCH, JAZZ BOX ½ CROSS**

**&1,2Step ball of right foot next to left, ¼ left crossing left over right, HOLD**  
**[3.00]**  
&3,4Small ball step right, Cross left over right, Hitch right over left  
5-7Cross right over left, ¼ right stepping back left, ¼ right stepping right to right side  
8Cross left over right [9.00]

**S7: SIDE, HOLD & SIDE ROCK & SIDE ROCK, L ¼ SAILOR**

1,2&Step right to right side, HOLD, Step left next to right  
3-4Rock right to right side, Recover on left  
&5,6Step right next to left, Rock left to left side, Recover on right  
7&8¼ left stepping back left, Step right to right side, Step forward left

**S8: WALK R, L KICK BALL CHANGE, TOUCH, BUMP L, R, L, R**

1,2&3Walk right, Kick left forward, Step on ball of left next to right, Step on right  
4Touch left next to right\* \*RESTART WALL 3  
5-8Bump hips Left, Right, Left, Right

\*\*\*\*\* NOTE: There are Three ( 3 ) Tags & One ( 1 ) Restart

**TAG 1: 16 counts.** At the end of Wall 1 (facing 6.00)

**TAG 2: 8 counts.** At the end of Walls 2 & 6 (facing 12.00)

**RESTART on Wall 3 after 60 counts** (i.e. omit last four counts of hip bumps)  
facing 6.00

**TAG 1: SIDE POINT, SIDE POINT, SWAY DOWN DOWN UP UP, SIDE TOUCH, SIDE TOUCH, BUMP L, R, L, R**

1-2Step left (swaying hips to left side bending knees slightly), Point right toe to right diagonal  
3-4Step right (swaying hips to right side bending knees slightly), Point left toe to left diagonal  
5-6Sway hips to left side bending down on knees, Staying down sway hips over to right side  
7-8Sway hips up left, Sway hips up right

1-4Step left to left side, Touch right next to left, Step right to right side, Touch left next to right  
5-8Bump hips left, right, left, right

**TAG 2: DANCE COUNTS 1-8 ONLY OF TAG 1**  
**SIDE POINT, SIDE POINT, SWAY DOWN, DOWN, UP, UP**

**NOTE: The dance finishes after the tag at the end of Wall 6**

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