

Adrenalize *annotations TOLY*

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: MARCHE D-G , Side Rock Cross. MARCHE G-D, Side 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 (D&D, G&G), ¼ Turn D Hip Bumps (D&D), sur place Hip Bumps (G&G)

- 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 (3H)
- 7&8 Step left to left side bump hips LRL put weight onto left with last bump

S3: Sway D, Sway G, Side D Touch G, Sway G, Sway D, GLISSE à G Touch D

- 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 **FIN ici ¼ T à D sur 7-8**

S4: Side D, Behind, Chassé lat. D , Cross Rock Side, swivel Heel Toe Heel

- 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 heel toe then heel towards left, keeping weight on left **(appui PG ramène PD heel toe heel)**

S5: Heel D & Heel G & diagonal Slide Fwd. Heel G & Heel D & 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: chassé arrière D puis G. , 1/2 tour en arrière, Step ¼ tour, 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. (9 H)
- 7 – 8 Make ¼ turn right onto right . Cross left over right (12 H)

S7: ¼ tour g, ¼ tour g, Cross Shuffle , Side Rock G, Behind Side Cross

- 1 – 2 ¼ T à G pied D derrière – ¼ de T à G pied G à G (6 H)
- 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 **RESTART ICI mur 2 après refrain**

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&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**