

**Adrenaline Rush**

64 Count, 2 Wall, Intermediate

Choreographer: Maggie Gallagher (UK) Oct 2015

Choreographed to: Shine in the Light by Anna Rossinelli

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

- S1: SIDE, ROCK BACK, R CHASSE, ROCK BACK, L CHASSE**  
1-3 Step left to left side, Cross rock right behind left, Recover on left  
4&5 Step right to right side, Step left next to right, Step right to right side  
6-7 Cross rock left behind right, Recover on right  
8&1 Step left to left side, Step right beside left, Step left to left side
- S2: HOLD, & SIDE, TOUCH, ¼, ½, ½, ROCK & CROSS**  
2&3,4 Hold, Step right next to left, Step left to left side, Touch right next to left  
5-7 ¼ right stepping forward right, ½ right stepping back on left, ½ right stepping forward right [3.00]  
8&1 Rock left to left side, Recover on right, Cross left over right
- S3: R SIDE ROCK, CROSS, SIDE TOGETHER, L CHASSE**  
2-4 Rock right to right side, Recover on left, Cross right over left  
5-6 Step left to left side, Close right to left  
7&8 Step 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**  
1-2 Bump back on right, Recover on left  
3&4 Step forward right, Lock left behind right, Step forward right  
5-6 Step forward left, Pivot ½ right [9.00]  
7&8 Step forward left, Lock right behind left, Step forward left
- S5: POINT, HOLD & POINT, ¼, HITCH, BACK BUMP, BUMP, BUMP**  
1,2&3 Point right to right side, HOLD, Step right next to left, Point left to left side  
4-5 ¼ left (swivelling on right), Hitch left [6.00]  
6-8 Step 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**  
&1,2 Step ball of right foot next to left, ¼ left crossing left over right, HOLD [3.00]  
&3,4 Small ball step right, Cross left over right, Hitch right over left  
5-7 Cross right over left, ¼ right stepping back left, ¼ right stepping right to right side  
8 Cross 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  
3-4 Rock right to right side, Recover on left  
&5,6 Step right next to left, Rock left to left side, Recover on right  
7&8 ¼ 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&3 Walk right, Kick left forward, Step on ball of left next to right, Step on right  
4 Touch left next to right\* **\*RESTART WALL 3**  
5-8 Bump hips Left, Right, Left, Right

**NOTE: There are three tags & one 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**

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

**1-2 Step left (swaying hips to left side bending knees slightly), Point right toe to right diagonal**

**3-4 Step right (swaying hips to right side bending knees slightly), Point left toe to left diagonal**

**5-6 Sway hips to left side bending down on knees, Staying down sway hips over to right side**

**7-8 Sway hips up left, Sway hips up right**

**1-4 Step left to left side, Touch right next to left, Step right to right side, Touch left next to right**

**5-8 Bump 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**