

STEPPIN' OFF

THE Page



Approved by:

Maggie Gallagher

Adrenaline Rush

2 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 3 4 & 5 6 – 7 8 & 1	Side, Back Rock, Chasse Right, Back Rock, Chasse Left Step left to side. Rock right behind left. Recover onto left. Step right to side. Close left beside right. Step right to side. Rock left behind right. Recover onto right. Step left to side. Close right beside left. Step left to side.	Side Rock Back Chasse Right Rock back Chasse Left	On the spot Right On the spot Left
Section 2 2 & 3 – 4 5 – 6 7 8 & 1	Hold, & Side, Touch, 1/4 Turn, 1/2 Turn, 1/2 Turn, Rock & Cross Hold. Step right beside left. Step left to side. Touch right beside left. Turn 1/4 right stepping right forward. Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. (3:00) Rock left to side. Recover onto right. Cross left over right.	Hold & Side Touch Quarter Half Half Rock & Cross	Left Turning right On the spot
Section 3 2 – 4 5 – 6 7 & 8	Side Rock, Cross, Side Together, Chasse Left Rock right to side. Recover onto left. Cross right over left. Step left to side. Step right beside left. Step left to side. Close right beside left. Step left to side.	Side Rock Cross Side Together Chasse Left	Left
Section 4 1 – 2 3 & 4 5 – 6 7 & 8	Bump Back, Forward Lock Step, Step Pivot 1/2, Forward Lock Step Bump back on right. Recover onto left. Step right forward. Lock left behind right. Step right forward. Step left forward. Pivot 1/2 turn right. (9:00) Step left forward. Lock right behind left. Step left forward.	Bump Back Right Lock Right Step Pivot Left Lock Left	On the spot Forward Turning right Forward
Section 5 1 – 2 & 3 4 – 5 6 – 7 8	Point, Hold & Point, 1/4 Turn Hitch, Hip Bumps Back/Forward/Back Point right to side. Hold. Step right beside left. Point left to side. Turn 1/4 left, swivelling on right. Hitch left. (6:00) Step left back bumping hips back left. Bump hips forward on right. Bump hips back on left.	Point Hold & Point Quarter Hitch Bump Bump Bump	On the spot Turning left On the spot
Section 6 & 1 – 2 & 3 – 4 5 – 7 8	Ball 1/4 Cross Hold, Ball Cross, Hitch, Jazz Box 1/2 Turn Cross Step ball of right beside left. Turn 1/4 left crossing left over right. Hold. (3:00) Small ball step right. Cross left over right. Hitch right over left. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to side. Cross left over right. (9:00)	Ball Quarter Hold Ball Cross Hitch Jazz Box Half Cross	Turning left Right Turning right Right
Section 7 1 – 2 & 3 – 4 & 5 – 6 7 & 8	Side, Hold & Side Rock & Side Rock, Sailor 1/4 Turn Step right to side. Hold. Step left beside right. Rock right to side. Recover onto left. Step right beside left. Rock left to side. Recover onto right. Turn 1/4 left stepping left behind right. Step right to side. Step left forward. (6:00)	Side Hold & Side Rock & Side Rock Sailor Quarter	Right On the spot Turning left
Section 8 1 – 2 & 3 4 Restart 5 – 8	Walk, Kick Ball Change, Touch, Hip Bumps Walk forward right. Kick left forward. Step ball of left beside right. Step onto right. Touch left beside right. Wall 3: Start the dance again from the beginning (facing 6:00). Bump hips - left, right, left, right.	Walk Kick Ball Change Touch Hip Bumps	On the spot
Tag 1 1 – 2 3 – 4 5 – 6 7 – 8	End of Wall 1 (16 counts) facing 6:00: Side Point x 2, Sway Down Down/Up Up Step left to side (swaying hips left, bending slightly). Point right toe to right diagonal. Step right to side (swaying hips right, bending slightly). Point left toe to left diagonal. Sway hips left, bending down on knees. Staying down, sway hips to right. Sway hips up left. Sway hips up right.	Side Point Side Point Down Down Up Up	On the spot
1 – 4 5 – 8	Side Touch x 2, Hip Bumps Step left to side. Touch right beside left. Step right to side. Touch left beside right. Bump hips - left, right, left, right.	Side Touch Side Touch Hip Bumps	On the spot
Tag 2	End of Walls 2 and 6 (8 counts) facing 12:00: Dance first 8 counts of Tag 1.		
Note	The dance finishes after the Tag at the end of Wall 6.		

Choreographed by: Maggie Gallagher (UK) September 2015

Choreographed to: 'Shine In The Light' by Anna Rossinelli from CD Marylou Two; download available from amazon or iTunes (16 count intro - start on word 'picture')

Tags/Restart: Tag 1 after Wall 1, Tag 2 after Walls 2 and 6. One Restart during Wall 3



A video clip of this dance is available at www.linedancerweb.com