

Sunny Adderall

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Choreographed & Prepared by: Nancy Morgan (Fletcher)

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Dance Information: 32 Count, 4 Wall, **NO Tags or RESTARTS**, Upper Beginner, West Coast Swing Rhythm

Music: Adderall (Feat Ziggy Lefurd) by Sunny Ledfurd **CD:** Greatest Hits 2003 - 2009 **BPM:** 125 **Start:**
After he starts singing - 16 Counts

Video: <http://www.youtube.com/>

WALK R,L AND CROSS ¼ TURN LEFT, STEP BACK ¼ TURN LEFT, COASTER STEP, R SIDE-ROCK CROSS

1,2	Walk forward Right, Left
&3,4	Step Right forward, cross Left over Right as you turn ¼ turn to Left, Step back on Right as you turn ¼ turn to Left
5&6	Step back on Left, step back on Right, step forward on Left
7&8	Rock/Step Right out to Right side, shift weight back to Left, cross Right over Left

L SIDE-ROCK CROSS, STEP BACK, STEP L TO L SIDE, SWIVEL BOTH HEELS L, SWIVEL BOTH TOES L, STEP R NEXT TO L, SIDE ROCK

1&2	Rock/Step Left out to Left side, shift weight back to Right, cross Left over Right
3,4	Step back on Right, step Left out to Left side (Shoulder width apart)
5,6	Swivel both heels to Left, swivel both toes to Left
&7,8	Step Right next to Left, side/Rock Left out to Left side and return weight to Right

2 SAILOR SHUFFLES, 2 SHUFFLES FORWARD

1&2	Step Left behind Right, step Right out to Right side, step Left out to Left side
3&4	Step Right behind Left, step Left out to Left side, step Right out to Right side
5&6	Shuffle forward Left, Right, Left
7&8	Shuffle forward Right, Left, Right

¼ TURN MAMBO, STEP HITCH, STEP HITCH, ROCK STEP

1&2	Step Left forward, pivot ¼ turn to Right (Weight ends on Right), step Left slightly forward
3,4	Step Right forward, Bring Left knee up as you hop on Right (Hitch)
5,6	Step Left forward, bring Right knee up as you hop on Left (Hitch)
7,8	Rock/Step forward on Right and back on Left

Begin Again!

Note: *This is a great bar dance.*