

# Physical

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Fie Fie Phan (INA) & Bloor deQueen (INA) - February 2020

**Musique:** Physical - Dua Lipa



**Intro : 32 Count**

**[1-8] Walk R, Hold, Walk L, Hold, Side, Recover, Touch Back, 1/2 Turn R**

1234 Step RF frwd (1), Hold (2), Step LF frwd (3), Hold (4)

5678 Step RF to R (5), Recover LF (6), Touch RF slightly behind LF (7), 1/2 Turn R keep weight on LF (8) (06.00)

**[9-16] Hold 2c, On Ball, Touch L, Body Roll, Hip Roll Anticlockwise, Behind, Right**

1 2 Hold 2 count

&34 On Ball Step RF beside LF (&), Touch LF to L and do Upper body roll (3), Finished body roll (4) weight keep on RF

5 6 Make Hip Roll anticlockwise R to R (5,6) weight on RF

7 8 Step LF behind RF (7), Step RF to R (8) (06.00)

**[17-24] Walk and Shimmy 3x, Look Back Bump Hip Twice**

1&2 Touch LF frwd (1), Recover RF (&), Step LF frwd (2)

**(Optional styling: add shimmy 3x)**

3&4 Repeat for RF (3,&,4)

5&6 Repeat for LF (5,&,6)

7 8 Stand Straight weight on RF...Look Back and Bump Hip twice to back (7,8)

**[25-32] Sweep Back, Right Side, Recover, Back, 1/4L Frwd, Frwd, 1/2 R Frwd, Hitch**

1234 Sweep LF front to Back Step behind RF (1), Step RF to R (2), Recover LF (3), Step RF behind LF (4)

5678 1/4 Turn L Step LF frwd (5), Step RF frwd (6), 1/2 Turn L Step LF frwd (7), Hitch RF (8) 09.00

**Start Again**

**TAG 1, after Wall 2 (Facing 06.00)**

1234 Step RF frwd, Hold, Step LF frwd, Hold

5678 Step RF back, Step LF Back, Jump slightly back both feet out out, Jump in in step both feet together.

**TAG 2, after Wall 4 (Facing 12.00)**

1234 Step RF frwd, Hold, Step LF frwd, Hold

567&8 Step RF back (5), Step LF Back (6), Touch RF beside LF (7), Clap hand beside right head 2x (&,8)

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