

# Get Physical

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Cameron Stuart (USA) & Alexander Jung (USA) - May 2022

**Musique:** Physical - Dua Lipa



**Intro: 32 counts - 2 Restarts**

**[1-8]: double kick coaster x2**

1-2 Wt left, kick right forward, side,  
3&4 Back on rt, step together on left, forward on rt,  
5-6 Kick left forward, side,  
7&8 Back on left, step together on rt, forward on left

**[9-16]: toe, heel, cross and cross, point, hitch, quarter turn touch**

1-2 Rt toe in instep, rt heel in instep,  
3&4 Rt cross over left, step left next to rt, step on rt out to left,  
5-6 Point left out to left, hitch left,  
7-8 Quarter turn left stepping on left, touch rt next to left

**[17-24]: kick and point x2, sailor step left, half turn left**

1&2 Kick rt forward, step rt, point left to left side,  
3&4 Kick left forward, step left, point right to right side,  
5&6 Step right behind left, step left out to left, step forward on right,  
7-8 Half turn pivot on rt toe, step on left

**[25-32]: forward rock coaster, step quarter turn, right sailor step**

1-2 Rock forward on rt, recover on left,  
3&4 Back on right, together left, forward on rt,  
5-6 Step forward on left, quarter turn wt on rt,  
7&8 Step left behind rt, step rt out to rt, step forward on left

**Restarts on walls 3 and 5 after first 8 counts**

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