

# Get Physical

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Marie Wadh (SWE)

Musique: Physical - Alcazar

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## TOE POINTS, LEFT COASTER STEP, ½ TURN LEFT WITH TOE POINTS

- 1&2 Point right toe to right side, step right foot beside left, point left toe to left side  
3&4 Step left foot back, step right foot beside left, step left foot forward  
5-8 Point right toe to right side, turn ¼ left and point right toe to right side, turn ¼ left and point right toe to right side, step right foot beside left (weight on right)

## LEFT LOCK SHUFFLE, ½ TURN LEFT, RIGHT LOCK SHUFFLE, HEEL TOUCHES

- 1&2 Step left foot forward, lock right foot behind left, step left foot forward  
3-4 Step right foot forward, make a ½ turn left  
5&6 Step right foot forward, lock left foot behind right, step right foot forward  
7&8 Touch left heel forward, step left foot beside right, touch right heel forward

## JAZZ BOX WITH ¼ TURN RIGHT, ½ TURN RIGHT WITH TOE POINTS

- 1-2 Cross right foot over left, step back on left foot  
3-4 Step right foot to right side and make a ¼ turn right, touch right foot beside left  
5-8 Point left toe to left side, turn a ¼ right and point left toe to left side, turn a ¼ right and point left toe to left side, step left foot beside right (weight on left)

## FULL TURN, RIGHT KICK BALL CHANGE, RIGHT SAILOR STEP, ½ TURN LEFT

- 1 On ball of left foot make a ½ turn left, stepping back on right  
2 On ball of right foot make a ½ turn left, stepping forward on left  
3&4 Kick right foot forward, step right foot back, step left foot back  
5&6 Cross right foot behind left, step left beside right, step right foot forward  
7-8 Touch left foot behind right, make a ½ turn left (weight on left)

**REPEAT**

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