

# Let's Get Physical

**COPPER KNOB**  
BY STEPHEN T. C.

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Molly Yeoh (MY) - January 2018  
音乐: Physical - Olivia Newton-John



**INTRO: 32 COUNT - NO TAG, NO RESTART!**

**WALK & SHUFFLE FORWARD, LEFT TOUCH, RIGHT TOUCH**

1 2 3&4                      R L walk up, R L R shuffle fwd,(Chest pump)  
5 6 7 8                      L touch L recover, R touch R recover(Hand raise)

**WALK SHUFFLE BACKWARD, RIGHT TOUCH, LEFT TOUCH**

1 2 3&4                      L R walk back, L R L shuffle back, (Chest pump)  
5 6 7 8                      R touch R recover, L touch L recover (Hand raise)

**JAZZ BOX, FORWARD TOUCH, ¼ TURN, HIP BUMP**

1 2 3 4                      R cross over L, L step back, R step beside L, L cross over R  
5 6 7 8                      R step fwd, L touch L, R ¼ turn, L touch L with hip bump twice(7 8)

**RIGHT AND LEFT FORWARD POINT, LEFT ROCK RECOVER, WEIVE**

1 2 3 4                      L step down, R toe point fwd and recover@ 3, L toe point  
5 6 7&8                      L rock to L recover on R, L step behind R, R side step, L cross over R

**\*Free style hands styling**  
Hands styling optional, tqvm

**Exercise as you dance! Enjoy it! TQVM**

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