

Physical

拍数: 32 墙数: 4 级数: Improver
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音乐: 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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