

Physical

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Junghye Yoon (KOR), Yoonjung Lee (KOR) & JooHwan Park (KOR) - February 2020
音乐: Physical - Dua Lipa



Intro: Start after 32 Counts on vocals

Sec 1 : Forward Shuffle, Shuffle 1/2 turn R, Back rock, Kick, Ball, Cross

1&2 Step forward on Rf(1), Close Lf next to Rf(&), Step forward on Rf(2)
3&4 ¼ turn R stepping Lf to L side(3), Close Rf next to Lf(&), ¼ turn R stepping back on Lf(4)
(6:00)
5-6 Rock back on Rf(5), Recover onto Lf(6)
7&8 Kick Rf to diagonal R(7), Close Rf next Lf(&), Cross Lf over Rf(8)

Sec 2 : Side Rock, Cross Shuffle, 1/4 turn R, 1/4 turn R, Forward Shuffle

1-2 Rock Rf to R side(1), Recover onto L(2)
3&4 Cross Rf over Lf(3), Step Lf to L side(&), Cross Rf over Lf(4)
5-6 ¼ turn R stepping back on Lf(5), ¼ turn R stepping Lf to L side(6)(12:00)
7&8 Step forward on Lf(7), Close Rf next to Lf(7), Step forward on Lf(8)

Sec 3 : 1/4 turn x2 R, Back Rock, Back, Touch, Back, Touch

1-2 ¼ turn R stepping forward on Rf(1), ¼ turn R stepping Lf to L side(2)(6:00)
3-4 Rock back on Rf(3), Recover onto Lf(4)
5 Step back on Rf as raise R arms so that palms look up(5)
6 Touch Lf next to Rf as make a fist and pull R arms toward body(6)
7 Step back on Lf as raise L arms so that palms look up(7)
8 Touch Rf next to Lf as make a fist and pull L arms toward body(8)

Sec 4 : Forward, 1/2 turn R, Coaster step, Forward, 1/4 turn L, Back, Touch

1-2 Step forward on Rf(1), ½ turn R stepping back on Lf(2)(12:00)
3&4 Step back on Rf(3), Close Lf next to Rf(&), Step forward on Rf(4)
5-6 Step forward on Lf(5), ¼ turn L stepping Rf to R side(6)(9:00)
7-8 Step back on Lf(7), Touch Rf next to Lf(8)

** Tag : End of wall 2 facing 06:00 & wall 4 facing 12:00

Sec 1 : Cross, Hold x2, Out, Out, Pose, Hold, Clap x2

1-2 Cross Rf over Lf(1), Hold(2)
3-4 Cross Lf over Rf(3), Hold(4)
&5 Step Rf to R side(&), Step Lf to L side(5)
6 Bend body diagonally to the L and raise both elbows shoulder-high on the side(6)
7&8 Hold(7), Clap to the L x2 (&8)

Enjoy Dance

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