

Let's Get Physical

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Eun Mi Lim (KOR) - May 2020
音乐: Physical - Dua Lipa



Intro: #32 Counts

S1: Diagonal Forward (Out-Out), Heels Bounce, Behind, 1/4Turn L & Forward, Forward, Pivot 1/2 L

1-2 Step R forward diagonal right, Step L forward diagonal left
&3&4 Both Heels Up & down 2X.(end weight on to L)
5-6 Step R behind L, 1/4turn L stepping L forward.
7-8 Step forward on R, Pivot 1/2turn L weight onto L.

S2: Forward, Kick, Back, Touch Toe, Push Hips (Forward – Back), Walk Forward (R-L)

1-2 Step Forward on R, Kick L forward.
3-4 Step back on L, Touch L toe across R.
5-6 Push hips/pelvis forward on balls of feet, Recover weight back onto L.
7-8 Walk forward on R, Walk forward on L.

S3: Rock Side/Recover, Together, Rock Side/Recover, Behind, 1/4Turn R & Forward, Forward, Pivot 1/4Turn R

1-2& Rock R to right side, Recover on R, Step R next to L.
3-4 Rock L to left side, Recover on R.
5-6 Step L behind R, 1/4turn R stepping R forward
7-8 Step forward on L, Pivot 1/4turn R weight onto R.

S4: Together, Heels Switches, Back, Touch, Back, Touch

1-2& Step L next to R, Touch R heel forward, Step R next to L.
3&4 Touch L heel forward, Step L next to R, Touch R heel forward.
5-6 Walk back on R, Touch L beside R.
7-8 Walk back on L, Touch R beside L.

Tag(8counts): At end of walls 2 (facing 6:00) & 4 (facing 12:00) Out-Out-In-In, Side-Touch 2X

1-2 Step R out to right, Step L out to left.
3-4 Step R to left center, Step L next to R
5-6 Step R to right side, Touch L next to R.
7-8 Step L to left side, Touch R next to L

Enjoy Dancing Always~!