

Get Physical

拍数: 32 墙数: 4 级数: Improver
编舞者: Tim Gauci (AUS) - April 2020
音乐: Physical - Dua Lipa : (Album: iTunes single)



Begin dance on lyrics, 32 beat in. 8 beat Tag on Walls 2 and 6.

[1-8] SIDE, BEHIND, ¼, SCUFF. SIDE SHUFFLE, BACK/ROCK

1234 Step R to R, step L behind R, making ¼ R step R fwd, scuff L next to R 3.00
5&678 Shuffle L to L side (LRL), step R back/behind L, rock weight fwd onto L 3.00

[9-16] SIDE STRUT, CROSS STRUT, ¼ TURNING MONTEREY

1234 Touch R toe to R, drop R heel to floor, touch L toe over R, drop L heel to floor 3.00
5678 Point R toe to R, making ¼ turn R step R tog, touch L to L, step L tog 6.00

[17-24] R ROCKING CHAIR, FWD, PIVOT ½, FWD, PADDLE ¼

1234 Step R fwd, rock weight back onto L, step R back, rock weight fwd onto L 6.00
5678 Step R fwd, pivot ½ turn L, step R fwd, paddle ¼ turn L 9.00

[25-32] FWD, TOUCH, BACK, TOUCH, BACK TOUCH, BACK TOUCH

1234 Step R fwd on R45, touch L tog/clap, step L back on L45, touch R tog/clap 9.00
5678 Step R back on R45, touch L tog/clap, step L back on L45, touch R tog/clap twice 9.00

[32] Beats Repeat dance in new direction

Tag at the end of wall 2 (facing 6.00) and wall 6 (facing 12.00) add the following 8 beats.

[1-8] SIDE, BEHIND, SIDE, TOUCH/CLAP, ¼, ½, ¼, TOUCH/CLAP TWICE

1234 Step R to R, step L behind R, step R to R, touch L next to R/clap
5678 Making ¼ turn L step L fwd, making ½ turn L step R back, making ¼ turn L step L to L, touch R next to L/clap twice – or alternatively vine to L.

Enjoy