

# 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