

# Let's Get Physical

**COPPERKNOB**  
BY STEPHENETS

拍数: 32                      墙数: 2                      级数: Beginner  
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音乐: Physical - Dua Lipa : (CD: Future Nostalgia, 2020)



**#32 counts intro (12 sec), start on the word "Common"**

## **S1 : R & L TOE STRUT FWD, R ROCKING CHAIR**

1-2                      Step forward on right toes - drop right heel on the floor  
3-4                      Step forward on left toes - drop left heel  
5-6                      Rock Rf forward - recover onto Lf  
7-8                      Rock Rf back - recover onto Lf

## **S2 : JAZZ BOX SQUARE ¼ TURN R, POINT, CROSS, POINT, TOUCH**

1-2                      Cross Rf over Lf - turn 1/4 right stepping Lf back (3:00)  
3-4                      Step Rf to right side - cross Lf over Rf  
5-6                      Point right toes to right side - cross Rf over Lf  
7-8                      Point Lf toes to left side - touch Lf next to Rf

## **S3 : L GRAPREVINE, TOUCH, R GRAPEVINE ¼ TURN R, BRUSH**

1-2-3                      Step Lf to side - step Rf behind Lf - step Lf to side  
4                          Touch Rf beside Lf  
5-6-7                      Step Rf to side - step Lf behind Rf - turn 1/4 right stepping Rf forward (6:00)  
8                          Brush Lf forward

## **S4 : MODIFIED K-STEP L**

1-2                      Step Lf diagonally forward left - touch Rf beside Lf  
3-4                      Step Rf diagonally back right - touch Lf beside Rf  
5-6                      Step Lf diagonally back left - close Rf next to Lf  
7-8                      Step Lf diagonally back left - touch Rf beside Lf

**Tag à la fin du 2ème mur et du 4ème mur, face à 12:00 :**

## **R TOE STRUT FWD, L TOE STRUT FWD, ROCK FWD, TOUCH, CLAP (CLAP x2)**

1-2                      Step forward on right toes - drop right heel  
3-4                      Step forward on left toes - drop left heel  
5-6                      Rock Rf forward - recover onto Lf  
7-8                      Touch Rf beside Lf - Clap hands \*\*

**\*\* On the first tag clap your hands once (count 8)**

**\*\* On the second tag clap your hands twice (count &8)**

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)  
Fiche originale de la chorégraphie. Merci de ne pas modifier ces pas de quelque manière que ce soit.