

Physical

拍数: 32 墙数: 0 级数: Intermediate Progressive
编舞者: Brandon Zahorsky (USA) & Mishi Ziminski (USA) - April 2010
音乐: Physical (Glee Cast Version) (feat. Olivia Newton-John) - Glee Cast



Step ½ turn, cross and step, cross, ¼, ¼ and 1/8 step, step

1,2 Step forward on R, make ½ turn over L shoulder stepping forward on L
3&4 Cross R over L, step L to L side, recover weight on R
5,6 Cross L over R, step back ¼ onto R (3:00)
7,8 Step ¼ and 1/8 forward on L to face 10:00, step forward R

Kick ball change X2, 1/8 slide touch, bump & bump

1&2 Kick L forward, step on ball of L foot, step on R
3&4 Kick L forward, step on ball of L foot, step on R
5,6 Slide L 1/8 over R shoulder to get off angle (face 3:00), touch R next to L
7&8 Bump hips L, R, L (weight on L)

¾ turn L, step, full turn R, step, kick ball change

1,2 Step ¼ back on R over L shoulder, step ½ forward on L turning over L shoulder (6:00)
3,4 Step forward on R, step back on L turning ½ over R shoulder
5,6 Step forward on R turning ½ over R shoulder, step forward on L
7&8 Kick R forward, step on ball of R foot, step on L

Side rock recover, behind, side, cross, ¼ step, hold, step hold

1,2 Rock R to R side, recover onto L
3&4 step R behind L, step L to L side, cross R over L
5,6 Step L ¼ to L, hold
&7 step R foot to meet L foot, step L forward.
8 hold

End of Dance - Enjoy
