

Physical

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Pat Stott (UK) & Julie Lockton (ES) - September 2014
音樂: Physical - Alcazar : (CD: Dancefloor Deluxe)



Intro: 16 seconds (32 counts)

Skate Skate, Shuffle forward, left rock recover, Shuffle ½ turn left

1-2-3&4 Skate forward right, skate forward left, shuffle forward R/L/R
5-6-7&8 Rock forward left, recover onto right, shuffle ½ turn left L/R/L (06:00)

Step ½ turn, Step ½ turn, Walk Walk, Rock recover, ¾ triple step turn

1-2 Turn ½ left by stepping back on right (12:00) , turn ½ left by stepping forward on left (06:00)
3-4 Walk forward on right, walk forward on left (or repeat steps 1-2 as above)
5-6 Rock forward on right, recover onto left
7-8 Triple step R/L/R over right shoulder (to 03:00)

Cross point & click, Cross point & click, Jazz box, touch

1-2 Cross left over right and cross hands in front of you, point right to right side and take hands out and click fingers at shoulder height
3-4 Cross right over left and cross hands in front of you, point left to left side and take hands out and click fingers at shoulder height
5-6-7-8 Cross left over right, step back on right, step left to left side, touch right beside left (03:00)

Step, Scuff, ¼ turn left chasse, rock forward recover, close, big step, tap

1-2 Step right to right side, scuff left forward in an arc (preparing for next step)
3&4 Chasse L/R/L making ¼ turn left (12:00)
5-6 Rock forward on right, recover onto left
& Close right to left (used as a “push” in preparation for next step)
7-8 Large step to the left, slide & tap right next to left (12:00)

Rolling grapevine, side, tap, side, tap

1-4 Rolling vine to the right, tap left toe behind right
5-6-7-8 Step left to left side, tap right behind left, step right to right side, tap left behind right

Optional: You could raise your hands on the side step & point them down the left side when you tap right foot and then the same the opposite way!

¼ turn left, ½ turn left, shuffle ½ turn left, jazz jump forward, hold & clap, jazz jump back, hold & clap

1-2 Make ¼ turn left by stepping forward on left, make ½ turn left by stepping back on right
3&4 Shuffle ½ turn left (L/R/L)
&5-6 Jazz jump forward & clap (pushing hips forward)
&7-8 Jazz jump back & clap (pushing hips back)

Rock recover, ½ turn right, step forward, ½ turn left stepping back, ¼ turn left stepping side, cross shuffle

1-2-3-4 Rock forward on the right, recover onto left, turn ½ right stepping forward on the right, forward on the left (03:00)
5-6 Turn ½ left by stepping back on the right (09:00), make a ¼ turn left step left to left side (06:00)
7&8 Cross shuffle right over left, left to left side, right over left

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

1-2-3-4 Rock left to left side, recover onto right, step left behind right, step right to right side
5-6 Cross left over right, hold & clap

&7&8 small step to the right, cross left over right, small step to the right, cross left over right (06:00)

At the end of the music, replace the $\frac{3}{4}$ triple turn in section 2 to a $\frac{1}{2}$ turn shuffle to face the front wall, continue with the cross left over right, point right to right side, click fingers & hold !! End of dance!

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