

Physical

拍數: 32 牆數: 4 級數: Improver
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音樂: Physical - Dua Lipa



Tag : 8 counts after wall 2 , 4

Start Dance after music intro 32 counts

S1# CROSS - SIDE TOUCH - JAZZ BOX 1/4 - SIDE TOUCH - CROSS

1-2 Step R cross over L , L side touch
3-6 L cross over R , R back , L 1/4 turn to L side , R cross over L
7-8 L side touch , L cross over R

S2# KICK DIAGONAL - CROSS BEHIND - SIDE - FORWARD - PIVOT 1/4 - CROSS - SIDE TOUCH

1-4 Step R kick diagonal , R cross behind , L side , R forward
5-8 L forward 1/4 turn to R , R in place , L cross over R , R side touch

S3# KICK FORWARD - CLOSE 1/4 - KICK FORWARD - COASTER STEP - FORWARD - CLOSE

1-2-3 Step R kick forward , R close beside L 1/4 turn to R , L kick forward
4-5-6 L back , R close beside L , L forward
7-8 R forward , L close beside R

S4# SIDE ROCK - CLOSE - FORWARD ROCK - BACK - SIDE TOUCH - CLOSE TOUCH

1-2-3 Step R side , L recover , R close beside L
4-5-6 L forward , R recover , L back
7-8 R side touch , R close touch beside L

TAG 8 COUNTS

V STEPS - KICK BALL SIDE TOUCH - CROSS - SIDE TOUCH

1-4 Step R forward diagonal , L forward diagonal , R back to centre , L close beside R
5&6 R kick forward - R close beside L - L side touch
7-8 L cross over R , R side touch

Enjoy The Dance
