

Let's Get Physical

拍數: 32 牆數: 2 級數: Beginner
編舞者: Magali CHABRET (FR) - September 2020
音樂: 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 - www.galichabret.com
Fiche originale de la chorégraphie. Merci de ne pas modifier ces pas de quelque manière que ce soit.