

# Get Physical

拍數: 32      牆數: 2      級數: Improver  
編舞者: Cameron Stuart (USA) & Alexander Jung (USA) - May 2022  
音樂: Physical - Dua Lipa



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## Intro: 32 counts - 2 Restarts

### [1-8]: double kick coaster x2

1-2            Wt left, kick right forward, side,  
3&4            Back on rt, step together on left, forward on rt,  
5-6            Kick left forward, side,  
7&8            Back on left, step together on rt, forward on left

### [9-16]: toe, heel, cross and cross, point, hitch, quarter turn touch

1-2            Rt toe in instep, rt heel in instep,  
3&4            Rt cross over left, step left next to rt, step on rt out to left,  
5-6            Point left out to left, hitch left,  
7-8            Quarter turn left stepping on left , touch rt next to left

### [17-24]: kick and point x2, sailor step left, half turn left

1&2            Kick rt forward, step rt, point left to left side,  
3&4            Kick left forward, step left, point right to right side,  
5&6            Step right behind left, step left out to left, step forward on right,  
7-8            Half turn pivot on rt toe, step on left

### [25-32]: forward rock coaster, step quarter turn, right sailor step

1-2            Rock forward on rt, recover on left,  
3&4            Back on right, together left, forward on rt,  
5-6            Step forward on left, quarter turn wt on rt,  
7&8            Step left behind rt, step rt out to rt, step forward on left

**Restarts on walls 3 and 5 after first 8 counts**

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