

# Physical

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Francisco Alderete (USA) - August 2023  
音樂: Physical - Dua Lipa



Tags: 2

**\*\*Dance begins after 32 counts of the song\*\***

**[Counts 1-8] R scuff, out RL, Knee Roll In R, Sailor Step R, Sailor Step L**

- 1&2- > scuff fwd, small step out R, small step out L
- 3,4- > R knee roll in to L "knee scoop"
- 5&6- > Step R behind L(5), step L to R(&), step R fwd to R side(6)
- 7&8- > Step L behind R(7), step R to L(&), step L fwd to L side(8)

**[Counts 9-16] L kick ¼ turn, L coaster step, L ¼ turn, heel twist RL, right leg side kick**

- 9,10- > Step R foot in place(9), kick L leg and ¼ turn to L(10)
- 11&12- > Step back L(11), step R to L(&), step fwd L(12)
- 13,14- > Step fwd R(13), ¼ turn to L & twist feet to make toes point to L(14)
- 15&16- > twist heel towards L toes pointed to R(15), twist heels towards R toes pointed to L(&), twist L heel towards L & kick R leg out to the side(16)

**[Counts 17-24] Sailor Step R, Sailor Step L, heel grind ¼ turn R, Coaster Step R, Scuff Hitch R**

- 17&18- > Step R behind L(17), step L to R(&), step R fwd to R side(18)
- 19&20- > Step L behind R(19), step R to L(&), step L fwd to L side(20)
- 21,22- > Heel grind and ¼ turn to the R
- 23&24- > Step back R(23), step L to R(&) step scuff R & hitch R knee up(24)

**[Counts 25-32] Heel bounce ½ L turn, L Coaster step, Pause & Clap Twice**

- 25&26&27&28- > Heels on floor(25), heels off floor and turn ⅛ to L(&), heels on floor(26), heels off floor and turn ¼ to L(&), heels on floor(27), heels off floor and turn ⅛ to L(&), heels on floor with L foot fwd(28)
- 29&30- > Step back L(29), step R to L(&), step L fwd to L side(30)
- 31&32- > Leave weight on L & stay in place(31), clap hands twice(&32)

**1st Tag \*\*will happen before you start the dance at wall 3\*\***

**[Counts 1-8] R Cross, Step, L Touch, L Cross, Step, R Touch, Jazz Box**

- 1,2,3,4- > Cross R over L(1), step L out and tap L toe(2), Cross L over(3), step R out and tap R toe(4)
- 5,6,7,8- > Cross R over L(5), Step L back(6), step R to R side(7), step L together to R(8)

**2nd Tag \*\*will happen before you start dance at wall 5\*\***

**[Counts 1-8] L back hitch, R back hitch, Coaster Step, Pause & Clap Twice**

- 1,2- > L hitch step back(1), land L foot on floor(2)
- 3,4- > R hitch step back(3), land R foot on floor(4)
- 5&6- > Step back L(5), step R to L(&), step L fwd to L side(6)
- 7&8- > leave weight on L & stay in place(7), clap hands twice (&8).