

# Olivia's Physical

**COPPER** KNOB  
STEPPERS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Joyce Nicholas (MY) - May 2011  
音樂: Physical - Olivia Newton-John



## STOMP FORWARD, STEP BACK, PIVOT ½

- 1-2      Stomp R fwd (push R hand out), Stomp L fwd (push L hand out)  
3-4      Step R back (R hand slap R thigh), Step L back (L hand slap L thigh)  
5-8      Step R fwd, Pivot ½ left, Step R and L in place [6.00]

## REPEAT 1-8 [12.00]

## MONTEREY ½ TURN , MONTEREY ¼ TURN

- 1-2      Touch R to right (R hand outstretch to side), on ball of left make ½ turn right, Stepping R beside left  
3-4      Touch L to left (L hand outstretch to side), Step L beside right  
5-6      Touch R to right (R hand outstretch to side), on ball of left make ¼ turn right, Stepping R beside left  
7-8      Touch L to left (L hand outstretch to side), Step L beside right [9.00]

## STEP SWEEP X 2, CROSS SIDE, BEHIND, TOUCH

- 1-2      Step fwd on R, Sweep L around from back to front  
3-4      Step fwd on L, Sweep R around from back to front  
5-6      Cross R over left, Step to left  
7-8      Cross R behind left, Touch L to left [9.00]

## STEP ¼ TURN, ¼ TURN KICK, SIDE TOUCHES X 2

- 1-2      Step L fwd, making ¼ turn L, Step back on R  
3-4      Making ¼ turn L, Step L fwd, Kick R fwd  
&5-6      Step R next to left, Touch L to left. Hold  
&7-8      Step L next to right, Touch R to right. Hold [3.00]

## RIGHT SAILOR, STEP ¼ TURN TOUCH, BUMPS X 4

- 1&2      Cross R behind left, Step L to left, Step R to right  
3-4      Turning ¼ left, Step L to left, Touch R beside left  
5-8      Bump hips, RLRL [12.00]

## WALK FWD X 3, KICK, WALK BACK X 3, HITCH

- 1-2      Walk R fwd, Walk L fwd  
3-4      Walk R fwd, Kick L fwd ( raise both arm in the air)  
5-6      Walk back on L, Walk back on R  
7-8      Walk back on L, Hitch R knee up [12.00]

## ¼ TURN JAZZ BOX X 2

- 1-4      Cross R over left, Step L back, Turning ¼ right, Step R to right, Step L beside right  
5-8      Cross R over left, Step L back, Turning ¼ right, Step R to right, Step L beside right [6.00]

## START AGAIN