

# Physical

拍數: 32      牆數: 0      級數: Intermediate Progressive  
編舞者: Brandon Zahorsky (USA) & Mishi Ziminski (USA) - April 2010  
音樂: Physical (Glee Cast Version) (feat. Olivia Newton-John) - Glee Cast



## Step ½ turn, cross and step, cross, ¼, ¼ and 1/8 step, step

1,2      Step forward on R, make ½ turn over L shoulder stepping forward on L  
3&4      Cross R over L, step L to L side, recover weight on R  
5,6      Cross L over R, step back ¼ onto R (3:00)  
7,8      Step ¼ and 1/8 forward on L to face 10:00, step forward R

## Kick ball change X2, 1/8 slide touch, bump & bump

1&2      Kick L forward, step on ball of L foot, step on R  
3&4      Kick L forward, step on ball of L foot, step on R  
5,6      Slide L 1/8 over R shoulder to get off angle (face 3:00), touch R next to L  
7&8      Bump hips L, R, L (weight on L)

## ¾ turn L, step, full turn R, step, kick ball change

1,2      Step ¼ back on R over L shoulder, step ½ forward on L turning over L shoulder (6:00)  
3,4      Step forward on R, step back on L turning ½ over R shoulder  
5,6      Step forward on R turning ½ over R shoulder, step forward on L  
7&8      Kick R forward, step on ball of R foot, step on L

## Side rock recover, behind, side, cross, ¼ step, hold, step hold

1,2      Rock R to R side, recover onto L  
3&4      step R behind L, step L to L side, cross R over L  
5,6      Step L ¼ to L, hold  
&7      step R foot to meet L foot, step L forward.  
8      hold

End of Dance - Enjoy

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