

Get Physical

Count: 32

Wand: 2

Ebene: Improver

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Musik: Physical - Dua Lipa



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
