

# Olivia's Physical

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Joyce Nicholas (MY) - May 2011

Musik: 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