Let's Get Physical

Count: 64  Wall: 2  Level: Intermediate

Choreographer: Karl-Harry Winson & Lucy Cooper (UK) March 2020
Music: "Physical" by Dua Lipa

#32 Count intro
Music Available on Download from iTunes & www.amazon.co.uk

1 – 2  Step Right forward. Turn 1/2 Right stepping Left back. 6 o’clock
3 – 4  Step Right back. Touch Left toe beside Right.
5 – 6  Step Left forward. Turn 1/2 Left stepping Right back. 12 o’clock
7 – 8  Turn 1/2 Left stepping Left forward. Step forward on Right. 6 o’clock

1 – 2  Rock Left forward. Recover weight on Right.
3 – 4  Step Left back (angling body to Left diagonal). Hitch Right knee across Left.
5 – 6  Cross Right over Left. Step Left back (straightening up to 6 o’clock Wall).
7 – 8  Step Right to Right side. Cross step Left over Right. 6 o’clock

Monterey 1/2 Turn Right. Monterey 1/4 Turn Right. Cross.
1 – 2  Point Right out to Right side. Turn 1/2 Right stepping Right beside Left. 12 o’clock
3 – 4  Point Left to Left side. Close Left beside Right.
5 – 6  Point Right to Right side. Turn 1/4 Right stepping Right beside Left.
7 – 8  Point Left to Left side. Cross step Left over Right. 3 o’clock

1 – 2  Point Right toe out to Right side. Touch Right toe forward.
3 – 4  Hitch Right knee up. Step back slightly on Right foot.
5 – 6  Bend both knees and dip body down. Recover/Straighten up.
    Bend both knees and dip body down. Recover/Straighten up transfer weight onto
    Left. 3 o’clock

1 – 2  Step Right forward. Pivot 1/4 turn Left. 12 o’clock
3 – 4  Cross Right toe over Left. Drop the heel.
5 – 6  Turn 1/4 Right stepping Left back. Turn 1/4 Right stepping Right to Right side. 6
      o’clock
7 – 8  Turn 1/8 Turn Right stepping Left to Right diagonal. Touch Right beside Left. (7.30).

1 – 2  Still on the diagonal step Right back. Touch Left beside Right. (7.30)
3 – 4  Step Left forward. Hitch Right knee up straightening up to 6 o’clock Wall. 6 o’clock
5 – 6  Cross Right over Left. Step Left to Left side.
7 – 8  Step back on Right. Sweep Left around from front to back.

1 – 2  Step Left back. Point Right toe out to Right side.
3 – 4  Step Right back. Point Left toe out to Left side.
5 – 6  Step Left back. Step Right beside Left.
7 – 8  Step forward on Left. Scuff Right foot beside and slightly across Left. 6 o’clock

**Right Jazz Box. Side. Touch. Point. Hitch.**

1 – 4  Cross Right over Left. Step Left back. Step Right to Right side. Touch Left beside Right.

5 – 6  Step Left to Left side. Touch Right beside Left.

7 – 8  Point Right toe out to Right side. Hitch Right knee up beside Left. 6 o’clock

*TAG: 8 Count Tag happens at the end of Walls 1 (6.00) & 2 (12.00)*

**Right Rocking Chair. Pivot 1/2 Turn Left X2.**

1 – 4  Rock forward on Right. Recover on Left. Rock back on Right. Recover forward on Left.


**Ending: On the last wall you will be doing the dips in section 4 facing 3.00.**

**Turn a 1/4 Left stepping Right to Right side to finish the dance facing the front (12.00).**