Let's Get Physical

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Karl-Harry Winson (UK) & Lucy Cooper (UK) - March 2020
Music: Physical - Dua Lipa

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

Step. 1/2 Turn Right. Back. Touch. Step. Full Turn Left. Forward Step.

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

Forward Rock. Back Step. Hitch. Cross. Back Step. Side. Cross.

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

Right Point. Touch Forward. Right Hitch. Step Back. Dip Down X2.

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.
7 – 8	Bend both knees and dip body down. Recover/Straighten up transfer weight onto Left. 3 o'clock

Step. Pivot 1/4 Turn Left. Cross Toe Strut. Hinge 1/2 Turn Right. 1/8 Turn Right. Touch.

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).

Back Step. Touch. Step. Right Hitch. Cross. Side. Back Step. Left Sweep.

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.

Back Point X2. Back-Together. Step-Scuff.

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.
5 – 8 Step Right forward. Pivot 1/2 turn Left. Step Right forward. Pivot 1/2 turn 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).
