

# Physical

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Pat Stott (UK) & Julie Lockton (ES) - September 2014  
音樂: Physical - Alcazar : (CD: Dancefloor Deluxe)



**Intro: 16 seconds (32 counts)**

**Skate Skate, Shuffle forward, left rock recover, Shuffle ½ turn left**

1-2-3&4      Skate forward right, skate forward left, shuffle forward R/L/R  
5-6-7&8      Rock forward left, recover onto right, shuffle ½ turn left L/R/L (06:00)

**Step ½ turn, Step ½ turn, Walk Walk, Rock recover, ¾ triple step turn**

1-2      Turn ½ left by stepping back on right (12:00) , turn ½ left by stepping forward on left (06:00)  
3-4      Walk forward on right, walk forward on left (or repeat steps 1-2 as above)  
5-6      Rock forward on right, recover onto left  
7-8      Triple step R/L/R over right shoulder (to 03:00)

**Cross point & click, Cross point & click, Jazz box, touch**

1-2      Cross left over right and cross hands in front of you, point right to right side and take hands out and click fingers at shoulder height  
3-4      Cross right over left and cross hands in front of you, point left to left side and take hands out and click fingers at shoulder height  
5-6-7-8      Cross left over right, step back on right, step left to left side, touch right beside left (03:00)

**Step, Scuff, ¼ turn left chasse, rock forward recover, close, big step, tap**

1-2      Step right to right side, scuff left forward in an arc (preparing for next step)  
3&4      Chasse L/R/L making ¼ turn left (12:00)  
5-6      Rock forward on right, recover onto left  
&      Close right to left (used as a “push” in preparation for next step)  
7-8      Large step to the left, slide & tap right next to left (12:00)

**Rolling grapevine, side, tap, side, tap**

1-4      Rolling vine to the right, tap left toe behind right  
5-6-7-8      Step left to left side, tap right behind left, step right to right side, tap left behind right

**Optional: You could raise your hands on the side step & point them down the left side when you tap right foot and then the same the opposite way!**

**¼ turn left, ½ turn left, shuffle ½ turn left, jazz jump forward, hold & clap, jazz jump back, hold & clap**

1-2      Make ¼ turn left by stepping forward on left, make ½ turn left by stepping back on right  
3&4      Shuffle ½ turn left (L/R/L)  
&5-6      Jazz jump forward & clap (pushing hips forward)  
&7-8      Jazz jump back & clap (pushing hips back)

**Rock recover, ½ turn right, step forward, ½ turn left stepping back, ¼ turn left stepping side, cross shuffle**

1-2-3-4      Rock forward on the right, recover onto left, turn ½ right stepping forward on the right, forward on the left (03:00)  
5-6      Turn ½ left by stepping back on the right (09:00), make a ¼ turn left step left to left side (06:00)  
7&8      Cross shuffle right over left, left to left side, right over left

**Side rock recover, behind side cross, hold, step, cross shuffle**

1-2-3-4      Rock left to left side, recover onto right, step left behind right, step right to right side  
5-6      Cross left over right, hold & clap

&7&8            small step to the right, cross left over right, small step to the right, cross left over right (06:00)

**At the end of the music, replace the  $\frac{3}{4}$  triple turn in section 2 to a  $\frac{1}{2}$  turn shuffle to face the front wall, continue with the cross left over right, point right to right side, click fingers & hold !! End of dance!**

Contact: [www.patstott.com](http://www.patstott.com)

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