

Get Physical

32 count, 4 wall, intermediate level

Choreographer: Marie Wadh (Aug 2004)

Choreographed to: Physical by Alcazar

Section 1: Toe points, Left Coasterstep, ½ turn left with toe points

- 1&2 Point right toe to right side, Step right foot beside left, Point left toe to left side
3&4 Step left foot back, Step right foot beside left, Step left foot forward
5-8 Point right toe to right side, Turn ¼ left and point right toe to right side, Turn ¼ left and point right toe to right side, Step right foot beside left (weight on right)

Section 2: Left lock shuffle, ½ turn left, Right lock shuffle, Heel touches

- 1&2 Step left foot forward, Lock right foot behind left, Step left foot forward
3-4 Step right foot forward, Make a ½ turn left
5&6 Step right foot forward, Lock left foot behind right, Step right foot forward
7&8 Touch left heel forward, Step left foot beside right, Touch right heel forward

Section 3: Jazzbox with ¼ turn right, ½ turn right with toe points

- 1-2 Cross right foot over left, Step back on left foot
3-4 Step right foot to right side and make a ¼ turn right, Touch right foot beside left
5-8 Point left toe to left side, Turn a ¼ right and point left toe to left side, Turn a ¼ right and point left toe to left side, Step left foot beside right (weight on left)

Section 4: Full turn, Right kick ball change, Right sailor step, ½ turn left

- 1 On ball of left foot make a ½ turn left, stepping back on right
2 On ball of right foot make a ½ turn left, stepping forward on left
3&4 Kick right foot forward, Step right foot back, Step left foot back
5&6 Cross right foot behind left, Step left beside right, Step right foot forward
7-8 Touch left foot behind right, Make a ½ turn left (weight on left)