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Let's Get Physical

64 Counts, 2 Wall, Intermediate Level
Choreographers: Karl-Harry Winson & Lucy Cooper (UK)
Choreographed To: "Physical" by Dua Lipa.
32 Count intro. Available: 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*

***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).