

Physical

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Count: 32 **Wall:** — **Level:** Intermediate Progressive

Choreographer: Brandon Zahorsky and Mishi Ziminski (April, 2010)

Music: Physical - Glee Cast Version with Olivia Newton-John

Step ½ turn, cross and step, cross, ¼, ¼ and 1/8 step, step

- 1,2** Step forward on R, make ½ turn over L shoulder stepping forward on L
- 3&4** Cross R over L, step L to L side, recover weight on R
- 5,6** Cross L over R, step back ¼ onto R (3:00)
- 7,8** Step ¼ and 1/8 forward on L to face 10:00, step forward R

Kick ball change X2, 1/8 slide touch, bump & bump

- 1&2** Kick L forward, step on ball of L foot, step on R
- 3&4** Kick L forward, step on ball of L foot, step on R
- 5,6** Slide L 1/8 over R shoulder to get off angle (face 3:00), touch R next to L
- 7&8** Bump hips L, R, L (weight on L)

¾ turn L, step, full turn R, step, kick ball change

- 1,2** Step ¼ back on R over L shoulder, step ½ forward on L turning over L shoulder (6:00)
- 3,4** Step forward on R, step back on L turning ½ over R shoulder
- 5,6** Step forward on R turning ½ over R shoulder, step forward on L
- 7&8** Kick R forward, step on ball of R foot, step on L

Side rock recover, behind, side, cross, ¼ step, hold, step hold

- 1,2** Rock R to R side, recover onto L
- 3&4** **step R behind L, step L to L side, cross R over L**
- 5,6** Step L ¼ to L, hold
- &7** **step R foot to meet L foot, step L forward.**
- 8** **hold**

End of Dance - Enjoy