

GET PHYSICAL

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Marie Wadh

Music: Physical by Alcazar

TOE POINTS, LEFT COASTER STEP, 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)

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

JAZZ BOX 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)

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)

REPEAT