

Get Physical



Song	Physical	Artist	Dua Lipa		Album	iTunes single	
Level	Improvers	Type	Line Dance	Beats	32	Walls	4
Other Information	Begin dance on lyrics, 32 beat in. 8 beat Tag on Walls 2 and 6.						
Choreographed by	Tim Gauci, BROKEN HILL NSW 2880			Date	April 2020		

Beats	Step Description	
1-8	SIDE, BEHIND, ¼, SCUFF. SIDE SHUFFLE, BACK/ROCK	
1234	Step R to R, step L behind R, making ¼ R step R fwd, scuff L next to R	3.00
5&678	Shuffle L to L side (LRL), step R back/behind L, rock weight fwd onto L	3.00
9-16	SIDE STRUT, CROSS STRUT, ¼ TURNING MONTEREY	
1234	Touch R toe to R, drop R heel to floor, touch L toe over R, drop L heel to floor	3.00
5678	Point R toe to R, making ¼ turn R step R tog, touch L to L, step L tog	6.00
17-24	R ROCKING CHAIR, FWD, PIVOT ½, FWD, PADDLE ¼	
1234	Step R fwd, rock weight back onto L, step R back, rock weight fwd onto L	6.00
5678	Step R fwd, pivot ½ turn L, step R fwd, paddle ¼ turn L	9.00
25-32	FWD, TOUCH, BACK, TOUCH, BACK TOUCH, BACK TOUCH	
1234	Step R fwd on R45, touch L tog/clap, step L back on L45, touch R tog/clap	9.00
5678	Step R back on R45, touch L tog/clap, step L back on L45, touch R tog/clap twice	9.00
32 Beats	Repeat dance in new direction	

Tag at the end of wall 2 (facing 6.00) and wall 6 (facing 12.00) add the following 8 beats.

1-8	SIDE, BEHIND, SIDE, TOUCH/CLAP, ¼, ½, ¼, TOUCH/CLAP TWICE	
1234	Step R to R, step L behind R, step R to R, touch L next to R/clap	
5678	Making ¼ turn L step L fwd, making ½ turn L step R back, making ¼ turn L step L to L, touch R next to L/clap twice – or alternatively vine to L.	

Enjoy 😊

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