

American Muscle

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: A.A.J.D (UK) - February 2018

Musik: American Muscle - Canaan Smith



Start on lyrics

S1: Step, Kick, Back, Touch, Forward Shuffle, Step Pivot ½

- 1, 2 Step forward right, kick left forward.
- 3, 4 Step back left, touch right next to left.
- 5 & 6 Step forward right, step left next to right, step forward right.
- 7, 8 Step forward left, pivot ½ right.

S2: Forward Shuffle, Step Pivot ½, Step Pivot ¼, Stomp, Clap

- 1 & 2 Step forward left, step right next to left, step forward left.
- 3, 4 Step forward right, pivot ½ left.
- 5, 6 Step forward right, pivot ¼ left.
- 7, 8 Stomp right next to left, clap.

Restart - Wall 4 & 8

S3: Right Side Shuffle, Rock Back, Recover, Left Side Shuffle, Rock Back, Recover

- 1 & 2 Step right to right side, step left next to right, step right to right side.
- 3, 4 Rock back left, recover onto right.
- 5 & 6 Step left to left side, step right next to left, step left to left side.
- 7, 8 Rock back right, recover onto left.

S4: K Step

- 1, 2 Step forward right to right diagonal, touch left next to right.
- 3, 4 Step back left to left diagonal, touch right next to left.
- 5, 6 Step back right to right diagonal, touch left next to right.
- 7, 8 Step forward left to left diagonal, touch right next to left.

*Restart – Wall 4 & 8 after count 16

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