

American Muscle

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Count: 32

Wall: 4

Level: Improver

Choreographer: A.A.J.D - February 2018

Music: American Muscle by Canaan Smith

Start on lyrics

S1: Step, Kick, Back, Touch, Forward Shuffle, Step Pivot $\frac{1}{2}$

- 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 $\frac{1}{2}$ right.

S2: Forward Shuffle, Step Pivot $\frac{1}{2}$, Step Pivot $\frac{1}{4}$, Stomp, Clap

- 1 & 2 Step forward left, step right next to left, step forward left.
3, 4 Step forward right, pivot $\frac{1}{2}$ left.
5, 6 Step forward right, pivot $\frac{1}{4}$ 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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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=123619