



American Muscle

32 Count, 4 Wall, Improver

Choreographer: AAJD (UK) Feb 2018

Choreographed to: American Muscle by Canaan Smith

Start on lyrics

Section 1: **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.

Section 2: **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

Section 3: **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.

Section 4: **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**