

American Muscle

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Kate Sala (UK) July 2018

Music: 'American Muscle' by Canaan Smith. Album: 'Bronco'. 2:32 mins.

Music Available as mp3 download [iTunes.co.uk](https://www.itunes.co.uk)

Start on vocals.

Forward Kick, Side Kick, Tap Out, In x 2.

- 1 2 Kick R forward. Step R next to L.
- 3 4 Kick L out to left side. Step L next to R.
- 5 6 Touch R toe out to right side. Touch R next to L instep.
- 7 8 Touch R toe out to right side. Touch R next to L instep.

Right Grapevine, Scuff, Cross Rock, Recover, Long Step Left, Drag.

- 1 4 Step R to right side. Cross step L behind R. Step R to right side. Scuff L over R.
- 5 6 Cross rock on L over R. Recover on to R.
- 7 8 Long step on L to left side. Drag R towards L. (weight on L). *(Restart during wall 4 and 8)

Jazzbox With Toe Struts, Step Forward, Together.

- 1 2 Cross step ball of R over L. Drop R heel down.
- 3 4 Step back on ball of L. Drop L heel down.
- 5 6 Step ball of R to right side. Drop R heel down
- 7 8 Step forward on L. Step R next to L.

Pigeon Toe, Heel Flick, Step Pivot 1/4 Turn Left, Quick Walk Forward x 2.

- 1 2 Split heels apart. Bring heels together.
- 3 4 Dig R heel forward. Flick R foot back to right diagonal.
- 5 6 Step forward on R. Pivot 1/4 turn left.
- 7 8 Quick walk forward on R, L.

Start Again Enjoy

***Restarts: During walls 4 and 8 - Restart the dance from the beginning after 16 counts.**

