

Muscle

Count: 64

Wall: 2

Level: Phrased Advanced

Choreographer: Mark Furnell (UK) & Chris Godden (UK) - February 2022

Music: Muscle - Years & Years



Intro: 16 Counts, Start at approx 9 secs

Sequence: A, B, A, A (16 Counts), B, A, A, B, A, A

Part A: 32c

SEC 1 Rock, Sweep, Back, Shuffle, Side, ¼ Side, ¼ Side Shuffle

- 1-2 Rock right forward, recover weight onto left sweeping right from front to back
- 3 Step right back
- 4&5 Step left forward, step right beside left, step left forward
- 6-7 Step right to right, turn ¼ left step left to left (9:00)
- 8&1 Turn ¼ left step right to right, step left beside right, step right to right (6:00)

SEC 2 Cross Rock, Side Shuffle, Hip, Hip Circle

- 2-3 Cross rock left over right, recover weight onto right
- 4&5 Step left to left, step right beside left, step left to left bumping hips left
- 6-7-8 Bump hips right, circle hips anticlockwise over 2 counts weight ends of left

Restart Here on 3rd Part A, continuing with Part B

SEC 3 Cross, Back, Side, Cross, Side, Close, Cross, ¼ Turn Back , Side, Drag

- 1-2& Cross right over left, step left back, step right to right
- 3-4& Cross left over right, step right to right, close left to right
- 5-6 Cross right over left, ¼ turn right stepping back on left
- 7-8. Big step right to right, drag left towards right (9:00)

SEC 4 Cross, Side, Cross Rock, Side, Cross, ¾ Reverse Turn, Step, Step, Together

- 1-2 Cross left over right, step right to right
- 3&4 Cross rock left over right, recover weight onto right, step left to left
- 5&6 Cross right over left, turn ¼ right step left back, turn ½ right step right forward (6:00)
- 7 Step left forward
- 8& Step right forward, step left beside right

Part B: 32c

SEC 1 Step, Point, Cross, ¾ Unwind, Body Roll Step Back, Body Roll Step Back

- 1-2 Step right forward, point left to left
- Arms 2) Raise right arm to right side elbow bent at 90 degrees palm forward**
- 3-4 Cross left over right, unwind ¾ turn right transferring weight onto right (3:00)
- Arms 3) Place right hand on heart**
- 5-6 Body roll from head to toe, step left back
- 7-8 Body roll from head to toe, step right back

SEC 2 Step, Sweep, Step, Sweep, Jazz Box ¼ Turn Drag

- 1-2 Step left forward, sweep right from back to front
- 3-4 Step right forward, sweep left from back to front
- 5-6 Cross left over right, step right back
- 7-8 Turn ¼ left step left to left, drag right towards left (12:00)

Arms 8) Run hands down side of head

SEC 3 Step, Point, Cross, ¾ Unwind, Body Roll Step back, Body Roll Step Back

- 1-2 Step right forward, point left to left

- 3-4 Cross left over right, unwind $\frac{3}{4}$ turn right transferring weight onto right (9:00)
- 5-6 Body roll from head to toe, step left back
- 7-8 Body roll from head to toe, step right back

SEC 4 Step, Sweep, Step, Sweep, Jazz Box $\frac{1}{4}$ Turn

- 1-2 Step left forward, sweep right from back to front
- 3-4 Step right forward, sweep left from back to front
- 5-6 Cross left over right, step right back
- 7-8 Turn $\frac{1}{4}$ left step left to left, Hold (6:00)

Arms 2) Raise Both arm to sides elbow bent at 90 degrees fists clenched
