

# Muscle

拍数: 64      墙数: 2      级数: Phrased Advanced  
编舞者: Mark Furnell (UK) & Chris Godden (UK) - February 2022  
音乐: 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**

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