

# American Muscle

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: A.A.J.D (UK) - February 2018  
音樂: American Muscle - Canaan Smith



## Start on lyrics

### S1: 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.

### S2: 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\***

### 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**

[A.A.J.DLINEDANCINGCLUB@outlook.com](mailto:A.A.J.DLINEDANCINGCLUB@outlook.com)