

# Muscles

拍數: 68      牆數: 2      級數:  
編舞者: Kris White (USA) & Jeremy Sims (USA) - January 2025  
音樂: Muscles - Diana Ross



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts on down beat before singing starts. This is a "starting on the left" oriented dance. Some step combinations follow the "4 and 1, 8 and 1..." pattern. Body and hip rolls are optional but make a wonderful difference! This is a great choice for a performance dance.

## **PART 1: 16 COUNTS TWICE**

### **QUARTER TURN LEFT, PADDLES, ROCK/PUSH QUARTER TURN RIGHT, SIDE ROCKS, SHUFFLE QTR TURN RIGHT**

1 2 3      Cross left foot over right, tap/paddle to left on right two times to face 9:00  
4&      Rock up and push on right making quarter turn right back to 12:00  
5 6 7 8&      Rock left, rock right left knee dip/kick optional, shuffle quarter turn right backward LR facing 9:00

### **FINISH RIGHT SHUFFLE TURN, PUSH TO RUNNING THREE QUARTER TURN LEFT, LEFT COASTER STEP**

9 10      Finish shuffle turn to 9:00 back step left, rock back on right  
11 12&      Recover on left, RL cha cha run making three quarters left to face 6:00  
13 14&15 16      Step on right, left coaster step, step forward on right

### **REPEAT PART 1 STARTING AT BACK WALL ENDING/RETURNING TO FRONT WALL**

## **PART 2: 14 COUNTS**

### **BACK WALK SWAYS, HALF TURN RIGHT TO FACE 12, ROCKING STEPS RIGHT HALF TURN**

1 2 3 4      Walk back left, right, left, right swaying on each step  
5&6&7&8      Cross left over right, rocking steps (left foot up and back, right in place) complete right turn to 6:00

### **SIDE ROCKS/SWAYS LRLR, LEFT PIVOT HALF TURN TO RIGHT**

9 10 11 12      Sway left, right, left, right  
13 14&      Step on left, pivot half to right on right foot

## **PART 3: 12 COUNTS "I WANT MUSCLES"**

### **SYNCHOPATED WALK STEPS, NITE CLUB TWO STEPS, QUICK KICK STEP OUT/BALL CHANGE, CHEST POP, LEAN BACK STEP ROLLS**

1 2      Quick step left, right, left facing 12 TO 'I WANT"  
3&      uh 4 Right kick ball change/left out leaning to left popping chest out as left foot goes out, pop chest in  
5 6 7 8      Step lean back on left body roll, bring right foot in, step back on left body roll angled to 3:00

### **NITE CLUB BASICS**

1 2& 3 4&      (Left nite club basic) Step left side, rock right behind, recover on right, right nite club basic

### **REPEAT FROM STEP 13 THE PIVOT TURN ABOVE THRU NITE CLUB BASIC ABOVE**

### **REPEAT PART 1 THRU PART 2 THRU TO "I WANT MUSCLES" PART 3**

**REPEAT FROM STEP 13 THE PIVOT TURN ABOVE THRU NITE CLUB BASIC ABOVE FACING 12:00**

**PART 4: 8 COUNTS ON THE CORNERS**

**STEP TAPS & SHUFFLES ON DIAGONALS, BACK TIC, QUARTER TURN TO NEXT DIAGONAL  
TO 10:30**

1&2& Step to left front diagonal on left, tap right foot out, step on right, tap left

3&4&5&6 7 8 Shuffle left, right, left, tic right foot in back, back lock step RLR, quarter turn on left, right  
TO 2:30

**Repeat steps 1 – 8 above except turn is right half turn to new corner  
TO 4:30**

**Repeat steps 1 – 8 above except turn is left quarter turn to new corner  
TO 6:30**

**Repeat steps 1 – 8 above except turn is 5/8 left turn to return to front**

**PART 5: 18 COUNTS THE POSES**

**\*3 POSES**

&1 Step on left, point right foot out do first pose

&3 Step on right, point left foot out do second pose

&5 Step on left, point right foot out do third pose

**BACK BODY ROLLS ON THE OOH OOH OOH**

1 2 3 4 5 6 Repeat left body roll/bring right foot in 3 times

**NITE CLUB BASICS, STEP HALF PIVOT TURN**

7 8& 9 10& Step left side, rock right behind, recover on right, right nite club basic

11 12 Step forward on left, make half turn right

**REPEAT STEPS 1 – 12 ABOVE THREE MORE TIMES END FACING FRONT**

**REPEAT PART 2 TO “I WANT MUSCLES”**

**FOLLOW MUSIC FOR REST OF THE TIME DJ PLAYS**

Submitted by: Bonnie Berns - Email: [yaelchina@yahoo.com](mailto:yaelchina@yahoo.com)

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