

NIP 'n' TUCK

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Allan Burr (AUS) - July 2014

Musik: Gravity Is a B**ch - Miranda Lambert : (Album: Platinum - iTunes)



Intro 16 Counts (No Tags or Restarts)

[1-8] □ BALL-STEP, KICK, BALL-STEP, KICK, BALL-STEP, PIVOT 1/2 R, HIPS BACK R-L-R

- &1,2 Step R Back, Step L Forward, Kick R Forward
- &3,4 Step R Back, Step L Forward, Kick R Forward
- &5,6 Step R Back, Step L Forward, Pivot 1/2 Right - Keeping Weight Back On L (6.00)
- 7&8 Step R Back Pushing Hips Back, Push Hips Forward, Push Hips Back Weight On R

[9-16] □ &-SHUFFLE BACK, &-SHUFFLE BACK, BALL-STEP, SLAP, BALL-STEP SLAP

- & Low Kick L Out To L Side Going Back
- 1&2 Shuffle Back : L-R-L
- & Low Kick R Out To R Side Going Back
- 3&4 Shuffle Back : R-L-R
- &5,6 Step L Back, Step R Forward, Lift L Foot Out To Side Slap Heel With L Hand
- &7,8 Step L Back, Step R Forward, Lift L Foot Out To Side Slap Heel With L Hand

[17-24] □ HEEL-&-TOE-&-POINT-&-POINT-1/4 R-POINT, HOLD, BALL-CROSS, KICK

- 1&2 Touch L Heel Forward, Step L Next To R, Touch R Toe Back Behind L
- &3 Step R Next To L, Point L Toe To Side
- &4 Step L Next To R, Point R Toe To R Side
- &5,6 Step R Next To L Turning 1/4 Right (&), Point L Toe To Side, Hold (9.00)
- &7,8 Step L Slightly Back, Step R Across L, (*Ending) Kick L Forward To L Diagonal

[25-32] □ SAILOR STEP, SAILOR STEP, BACK, TOGETHER, Lift Toes: UP, DOWN

- 1&2 Sailor Step: Step L Behind R, Step R To R Side, Step L To L Side
- 3&4 Sailor Step: Step R Behind L, Step L To L Side, Step R To R Side
- 5 Step L Back With Toe Pointing In
- 6 Step R Next To L With Toe Pointing In (Both Heels Are Now Out)
- 7 Lift Both Toes Up Pointing Out Lean Forward
- 8 Lower Both Toes Down (8) Taking Weight On L

[32] COUNTS

*Ending: On Wall 10 Starts at 9.00, Dance Up To Beat 23 (Ball-Cross) Then Unwind 1/2 Left to Front

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