

# Nothin To Lose

**COPPER KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Nancy Morgan (USA)

**Music:** Nothin' to Lose - Josh Gracin



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## SWIVEL RIGHT, SWIVEL LEFT, KICK-BALL-CHANGE, STEP TO SIDE, STEP LEFT NEXT TO RIGHT

- 1&2 Swivel right heel to right, then toes, then heels  
3&4 Swivel left heel to left, then toes, then heels  
5&6 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right  
7-8 Step right to right side, step left next to right

## SWIVEL LEFT, SWIVEL RIGHT, KICK-BALL-CHANGE, STEP FORWARD, SLIDE RIGHT INSTEP TO LEFT HEEL

- 1&2 Swivel left heel to left, then toes, then heels  
3&4 Swivel right heel to right, then toes, then heels  
5&6 Kick-ball-change - kick right foot slightly forward, step right next to left as you lift left off of floor, put left next to right  
7-8 Step forward on right, slide left instep to right heel

## BOUNCE FORWARD ON HIP, BACK ON HIP, ROLL HIPS TWICE

- 1-2 Bounce two times on right hip  
3-4 Bounce two times on left hip  
5-6 Roll hips from front to back in a circle (wash the bowl!)  
7-8 Roll hips from front to back in a circle (wash the bowl!)

## SHUFFLE FORWARD, ¼ TURN, SHUFFLE FORWARD, ROCK FORWARD AND BACK

- 1&2 Shuffle forward - right, left, right  
3-4 Step left foot forward, pivot ¼ turn to right (weight is on right)  
5&6 Shuffle forward - left, right, left  
7&8 Rock-step forward on right and back on left, put right next to left (weight ends on right)

**REPEAT**

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