

# Nothin' To Loose

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver polka  
编舞者: Hélène Lancup (CAN)  
音乐: Nothin' to Lose - Josh Gracin



---

## KICK, STEP, COASTER STEP, HIP BUMPS (X3), SHUFFLE FORWARD

1            Kick forward on right  
2            Step back on right  
3&4        Step back on left, step right next to left, step forward on left  
5&6        Hip bump on left, hip bump on right, hip bump on left  
7&8        Shuffle forward right, left, right

## KICK, STEP, COASTER STEP, SIDE SHUFFLE LEFT, ROCK BACK

1            Kick forward on left  
2            Step back on left  
3&4        Step back on right, step left next to right, step forward on right  
5&6        Side shuffle left, right, left  
7-8        Rock back on right and recover on left

## SIDE SHUFFLE RIGHT, HALF RIGHT TURN, SIDE SHUFFLE LEFT, SAILOR SHUFFLE ON RIGHT, SAILOR SHUFFLE ON LEFT

1&2        Side shuffle right, left, right  
3&4        ½ turn right and side shuffle left, right, left  
5&6        Cross right behind left, step left next to right, step right next to left  
7&8        Cross left behind right, step right next to left, step left next to right

## RIGHT HEEL, HOOK, SHUFFLE FORWARD, STOMP, SAILOR SHUFFLE, STEP, ¼ LEFT TURN

1            Right heel forward  
&            Hook on right  
2&3        Shuffle forward right, left, right  
4            Stomp left  
5&6        Cross right behind left, step left next to right, step right next to left  
7            Step back on left  
8            ¼ turn left and keep the weight on the left foot

**REPEAT**

---