

# Nothin To Lose

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: Nothin' to Lose - Josh Gracin



---

## 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**

---