

# NIP 'n' TUCK

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Allan Burr (AUS) - July 2014  
音樂: 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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