

Nip 'N' Tuck

32 Count, 4 Wall, Improver

Choreographer: Allan Burr (Aus) July 2014

Choreographed to: Gravity Is A B**** by Miranda Lambert

Intro: 16

BALL-STEP, KICK, BALL-STEP, KICK, BALL-STEP, ½ RIGHT, HIPS BACK RIGHT-LEFT-RIGHT

- &1-2 Step right slightly back, step left forward, kick right forward
- &3-4 Step right slightly back, step left forward, kick right forward
- &5-6 Step right slightly back, step left forward, turn ½ right (weight to left) (6:00)
- 7&8 Step right back and hip back, hip forward, hip back (weight to right)

&-SHUFFLE BACK, &-SHUFFLE BACK, BALL-STEP, SLAP, BALL-STEP SLAP

- & Kick left side
- 1&2 Chassé back left-right-left
- & Kick right side
- 3&4 Chassé back right-left-right
- &5-6 Step left slightly back, step right forward, flick left side (touch left heel with left hand)
- &7-8 Step left slightly back, step right forward, flick left side (touch left heel with left hand)

HEEL-&-TOE-&-POINT-&-POINT-¼ RIGHT-POINT, HOLD, BALL-CROSS, KICK

- 1&2 Touch left heel forward, step left together, cross/touch right behind
- &3 Step right together, touch left side
- &4 Step left together, touch right side
- &5-6 Turn ¼ right and step right together, touch left side, hold (9:00)
- &7-8 Step left slightly back, cross right over, kick left diagonally forward

SAILOR STEP, SAILOR STEP, BACK, TOGETHER, LIFT TOES: UP, DOWN

- 1&2 Left sailor step
- 3&4 Right sailor step
- 5 Step left back (toe turned in)
- 6 Step right together (toe turned in)
- 7 Raise toes (toes turned out and lean forward)
- 8 Lower toes (toes together, weight to left)

ENDING On wall 10 starts at 9:00, dance up to beat 23 (ball-cross) then unwind ½ left to front