

NIP 'n' TUCK

Music: Gravity Is A B**ch

Artist: Miranda Lambert Album: Platinum (available on itunes)

Choreographer: Allan Burr, Melbourne, Australia, July 2014

32 Count, 4 Wall Easy Intermediate Line Dance (No Tags or Restarts)

Intro 16 Counts

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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