# **Undress Rehearsal**

Ebene: Intermediate

Choreograf/in: Dan Moon (USA), Alfredo Vilano (USA) & Kaylie Schultz - March 2017

Musik: Undress Rehearsal - Timeflies

# Knee dip, sailor, sway, triple

**Count: 32** 

- 1, 2 -L knee dip in, knee out quarter turn left
- 3&4 Sailor step LRL w/ quarter turn left
- 5.6hip sway right quarter turn right
- 7&8 triple back LRL (with accentuated knee pop)

## Walk, body roll, cross, heel swivels

- 1, 2 -Walk back R. L
- step back right with a body roll to distribute weight (left foot should be forward, knee up, 3, 4 weight on right, left toe down)
- &5.6-And cross, clap (change weight onto left, cross right in front of left, clap)
- 7&8 -2 Heel swivels right to 1/2 turn over your left

# Jump (drop), slide, big hip sways

- 1, 2 jump forward (optional - girls can drop it)
- 3.4 slide back diagonal right, dragging left foot
- 5, 6, 7, 8 two booty sways 1/2 over your left shoulder

## Walk point, triple, body sway/roll

- 1.2step forward R, point L out
- 3.4 step forward L, point R out
- 5&6 triple RLR
- 7,8step out left, sway body out to in

## Thank you very much!

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Last Update - 7th Nov. 2017





Wand: 4