

# Undress Rehearsal

**COPPER** KNOB  
BY SHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Dan Moon (USA), Alfredo Vilano (USA) & Kaylie Schultz - March 2017

**Music:** Undress Rehearsal - Timeflies



## **Knee dip, sailor, sway, triple**

- 1, 2 - L knee dip in, knee out quarter turn left
- 3&4 Sailor step LRL w/ quarter turn left
- 5, 6 - hip 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
- 3, 4 - step back right with a body roll to distribute weight (left foot should be forward, knee up, 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, 2 - step forward R, point L out
- 3, 4 - step forward L, point R out
- 5&6 - triple RLR
- 7, 8 - step out left, sway body out to in

**Thank you very much!**

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**Last Update – 7th Nov. 2017**

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