

Undress Rehearsal

COPPER KNOB
BY STEPHEN T. S.

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Dan Moon (USA), Alfredo Vilano (USA) & Kaylie Schultz - March 2017
音樂: 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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