

# Undress Rehearsal

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Danual Moon with Alfredo Vilano, Kaylie Schultz - March 2017

**Music:** Undress Rehearsal by 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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