

Undress Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Advanced
编舞者: Roy Hadisubroto (IRE)
音乐: Buttons - The Pussycat Dolls



Start dance with feet apart in 2nd position

DRAG, STEP, STEP, JUMP, SHOULDER/HEAD/HAND MOVEMENT, SAILOR STEP

- 1-2 Drag right foot next to left foot (weight still on left foot) and push right shoulder to the left (face 12:00)
- 3 Step right foot forward
- & Step left foot forward
- 4 Jump both feet apart and both feet facing forward (parallel)
- & Push right knee forward and lift right shoulder up
- 5 Look to right side (head facing 3:00)
- 6& Shake right hand twice
- 7 Cross right foot behind left foot
- & Step left foot to the left
- 8 Step right foot to the right (body facing 1:30); bring right arm up at shoulder height and left arm at hip height, jazz hands with hand palms facing forward

DRAG, CROSS, STEP, PIVOT ¼, TAP 2X COASTER STEP

- 1-2 Drag left foot towards right foot standing on ball of right foot (3:00) both arms extended with hands fisted moving from forward, down to the back
- 3 Cross left foot over right foot
- & Step right foot to the right (3:00), ¼ turn left
- 4 Step left foot forward (9:00)
- & Tap right foot forward, both hands follow the movement above knee with hand palms down
- 5 Tap right foot forward, both hands follow the movement above knee with hand palms down
- 6 Lift right knee, both hands follow the movement above knee with hand palms down
- 7 Step right foot back
- & Step left foot next to right foot
- 8 Step right foot forward

KNEE POPS WITH HAND AND SHOULDER MOVEMENTS, TOUCH, SLIDE, STEP SWIVELS

- 1 Pop right knee in and bring right shoulder and right arm in
- & Step right foot back and bring right shoulder and right arm out
- 2 Pop left knee in and bring left shoulder and left arm in
- & Step left foot back and bring left shoulder and left arm out
- 3 Pop right knee in and bring right shoulder and right arm in
- & Pop right knee out and bring right shoulder and right arm out
- 4 Pop right knee in and bring right shoulder and right arm in, ¼ turn right
- & Step right foot to the side, touching left foot next to right foot (facing 12:00) and bring both arms down with upper arm lifted at shoulder height
- 5 Slide left foot to the left and extend both arms to the right
- 6 Step right foot forward (12:00)
- 7 Swivel both heels forward (body facing 9:00)
- & Swivel both heels back in place
- 8 Swivel both heels forward with weight ended on left

UP ROCK, JUMP, POP IN, POP OUT, DRAG, SLIDE, ¼ TURN

- 1 Jump on right foot and hook left foot behind right foot (body facing 9:00)
- & Jump on left foot and kick right foot forward (body facing 12:00)

- 2 Jump on right foot and kick left foot forward
- & Jump on left foot and hook right foot behind left foot (body facing 3:00)
- 3 Jump on right foot and kick left foot forward (body facing 12:00)
- & Jump on left foot and kick right foot forward
- 4 Jump both feet apart
- & Pop both knees in and bring both arms in
- 5 Pop both knees out and bring both arms out
- 6 Drag right foot next to left foot
- 7 Press right foot forward on ball and push right arm next to chest sliding left foot back
- 8 ¼ turn left (face 9:00) and take weight to left foot and extend right arm to right side with hand palm lifted

REPEAT
