

Buttons

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Dan McInerney (UK)
音乐: Buttons - The Pussycat Dolls



WALK WALK, TOUCH AND TOUCH HITCH TURN, STEP, SWAY, TURN

- 1-2 Step left foot forward, right foot forward
3& Touch left to left side, bring left in to center (shift weight on left)
4& Touch right to right side, bring right to center while hitching right knee in front
5-6 ¼ turn left (keeping right hitched), step right to right side (9:00)
7 Sway hips to the left
8 Sway hips back to right turning ¼ left (weight will be back on right, left foot in front) (6:00)

For styling, keep the sway-turn on count 8 sharp

STEP, HITCH, TAP TAP TAP AND SIDE, RECOVER, CROSS TURN HITCH

- 1-2 Step left forward, hitch right knee while making a ¼ turn left (3:00)
3&4 Tap right toe next to left, tap right half way to right side, step (with weight) right foot to right side
&5-6 Step left together with right, step right to right side and sway, sway weight back over left
7&8 Cross right over left, making a ¼ turn right step back on left, hitch right knee making a ¼ right (9:00)

SWAY, SWAY, ROCK AND POINT, TURN-HEAD, TOUCH, CROSS SIDE TURN

- 1-2 Step right to right side rocking weight over to it, rock weight back over to left
3&4 Rock right foot forward, rock weight back onto left, point right toe back
&5 Turn body (not head) ½ turn right keeping weight on left, turn head ½ turn right (3:00)
6 Point right to right side
7&8 Step right across left, step left to left side, make a ¼ turn right stepping right forward (6:00)

STEP, TURN, TOES HEELS CENTER, DOWN HITCH, STEP, TURN, SWEEP

- 1-2 Step left forward, make a ¼ right stepping right to right side (weight on both feet) (9:00)
3&4 Turn toes in, turn heels in, bring toes in to center
&5-6 Bend knees and dip down, straighten knees back up hitching the left knee, step left forward
7 Make a ½ turn right moving weight over right (3:00)
8 Sweep left foot around and in front of right as you make ½ turn right (keeping weight on right) (9:00)

For styling, nod down-up on &5: head down on the knee dip and lift head up on count 5

REPEAT