

Buttons

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Sally Hung (TW) - March 2016
音樂: Buttons - The Pussycat Dolls



Intro: 32 Counts - No Tag, No Restart

S1. WALK R-L, KICK BALL POINT, WALK L-R, KICK BALL POINT

1,2,3&4 Walk fwd R, walk fwd L, kick R fwd, step on R, point L to the L
5,6,7&8 Walk fwd L, walk fwd R, kick L fwd, step on L, point R to the R

S2. R SHUFFLE BACK, L SHUFFLE BACK, JAZZ BOX ¼ TURN R

1&2,3&4 R shuffle back stepping RLR, L shuffle back stepping LRL
5,6,7,8 Step R over L, step back on L, ¼ turn R, step fwd on L

S3. SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, CROSS SHUFFLE

1,2,3&4 Rock R to R side, recover onto L, cross shuffle on RLR
5,6,7&8 Rock L to L side, recover onto R, cross shuffle on LRL

S4. ROCKING CHAIR, STEP PIVOT ½ TURN, STEP PIVOT ¼ TURN

1,2,3,4 Rock fwd on R, recover onto L, rock back on R, recover onto L
5,6,7,8 Step R fwd, ½ pivot turn L, step R fwd, ¼ pivot turn L

S5. SIDE TOGETHER, FWD SHUFFLE, SIDE TOGETHER FWD SHUFFLE

1,2,3&4 Step R to R side, step L next to R, fwd shuffle on RLR
5,6,7&8 Step L to L side, step R next to L, fwd shuffle on LRL

S6. BACK, BACK, BACK WITH BODY BUMPS, BACK, BACK, BACK WITH BODY BUMPS

1,2,3,4 Step back on R and pump chest fwd, step back on L and pump chest fwd, step back on R
and popping chest twice
5,6,7,8 Step back on L and pump chest fwd, step back on R and pump chest fwd, step back on L
and popping chest twice

S7. SIDE ROCK RECOVER, COASTER CROSS X2

1.2.3&4 Rock R to R side, recover onto L, step back on R, step L beside R, step R across L
5,6,7&8 Rock L to L side, recover onto R, step back on L, step R beside L, step L across R

S8. (HEEL, TOGETHER, HEEL TOGETHER)X2, HIP ROLLINGS

1&2& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R
3&4& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R
5,6,7,8 Step R a little fwd and roll hips clockwise twice (weight back to L)

Happy dancing!

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