

Loosen up My Buttons

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rick Dominguez (USA) - April 2018
音樂: Buttons - The Pussycat Dolls



JUMP ROCK STEP, COASTER STEP, TWIST, KICK, TRIPLE STEP

1-2 Rock forward L, recover R (Jump into rock step)
3&4 Step L back, step R next to L, step L forward
&5 Twist heels L, twist heels center
6 Kick L foot forward
7&8 Triple step in place L, R, L

QUARTER TURN, KICK-BALL-CHANGE, THREE BEAT QUARTER TURN, JUMP OPEN

1-2 Step R forward, turn ¼ turn Left (keep weight on R)
3&4 Kick L forward, step L next to R, step R next to L
5-7 Turn ¼ turn Right over three beats
8 Jump up, landing with feet shoulder width apart (weight mostly on R)

KNEE POPS, CROSS-KICK, TRIPLE STEP, DIP

1-4 Pop L knee out toward left, then in (4 times) (keep weight on R)
&5 Cross L in front of R knee, Kick L out to L
6&7 Triple step in place L, R, L
8 With weight on both feet, bend knees, dipping body down

JUMP, HEEL, WALK, WALK, BACK, BACK, ½ TURN, STEP, TOUCH

&1 Jump, turning ¼ Right, stepping onto L, touch R heel forward
&2 Step onto R, touch L heel forward
&3-4 Step onto L, walk forward R, walk forward L
&5 Step R back, step L back
6 ½ turn Left (keep weight on L)
7 Step forward on R
8 Touch L next to R

REPEAT

Contact: Submitted by - Karen Wylde: felicityksr@aol.com