

Un-Button

拍數: 32 牆數: 4 級數: Improver
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音樂: Buttons - The Pussycat Dolls



SLOW AND SEXY HIP ROLLS WITH ¼ TURN X4 (FULL TURN)

1-2 Step forward right, roll hip anti-clock wise making ¼ turn right (weight on left)
3-8 Repeat steps 1-2 (3 times)

STEP APART, HAND MOVEMENTS WITH LOOKS, SHOULDERS POPS

&1 Step right to right, step left to left (feet apart)
2 Clap both hands forward (hands straighten) and looking down at the same time
3 Look up and bring hands up with elbows bend (hands will be separated at face level)
4 Look to the left and swing both hands down to left(move upper body to the left)
&5 Pop right shoulder up and left down, pop left shoulder up and right down
&6-8 Repeat steps &5 (3 times)

When doing counts &5 to &8 slowly move upper body towards the front

SLIDE TOGETHER, SHOULDERS JERKS, SLIDE TOGETHER SHOULDER JERK

1 Long step right to right while sliding left towards right (weight on right)
&2 Put both hands on chest and jerk forward twice

When sliding left towards right your hands is also moving up towards your chest

3 Long step left to left while sliding right towards left (weight on left)
4 Put both hands on chest and jerk forward once
5-8 Repeat step 1-4 but when making long step to right on count 5 make a ¼ turn right

HAND UP WITH KNEES BEND, HIP THRUST, HAND DOWN STANDING UP, SHOULDER JERK

1 Step right to right while bending knees into sitting position with left hand up and forward (fist clenched)
&2 Hip thrust forward twice
3 Step left beside right (standing position) with both hands up elbows bend (hands will be separated at face level, strong man pose) (weight will be on left)
&4 Jerk shoulders forward twice
5-8 Repeat steps 1-4

REPEAT