

Loosing My Buttons

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Elfrita Maya (INA) - August 2010
音樂: Buttons - The Pussycat Dolls



Intro: start dancing after 64 count

Note: Tag (64 count) after finishing 6th wall.

Optional: you can put the tag as intro. dance also.

(1-8) Walk Forward, Turn 1/4 L, hipbump R-L-R, Hold

1-4 Walk forward R,L,R,L
&5-8 Turn 1/4 L stepping R to R side (&) [9.00], hipbump to the right and look right, hand on the right waist (5), hipbump to the left and look left (6), hipbump to the right and look right (7), hold and slap right hip with right hand

(9-16) Turn 1/4 L, Point R, Turn 1 1/4 R, Point L, L-R Back and Knees Bent, Hold

1-2 Turn 1/4 L stepping L forward (1) [6.00], point R to R side (2)
3&4 Turn 1 1/4 R in small steps R-L-R [9.00]
5-6 Point L forward (5), step back on L (6)
7-8 Step back on R and sit on R, make your both knees bent and body lean forward (7), hold and slap right bottom with right hand and put left hand on upper left thigh.

(17-24) (Roll Hip, Roll Kness and Turn ¼ R)x2

1-2 Roll hip down then up
3-4 Bend both knees again then roll right knee out whilst turn body 1/4 R (3) [12.00], roll left knee in following your body, ending with both legs apart (4)
5-6 Roll hip again down then up
7-8 Bend both knees again then roll right knee out whilst turn body ¼ R (7) [3.00], roll left knee in following your body, ending with left leg slightly behind right (8). Slap left bottom with left hand and put right hand on upper right thigh.

(25-32) Roll Hip, L-R Rock, Cross Side, Roll Hip

1-2 Roll hip again down then up
3-4 Rock L to L side (3), rock R to R side (4)
5-6 Cross L over R (5), step R to R side (6)
7-8 Roll hip anticlockwise (left-back-right)

Tag (64 count), after 6th wall. Optional: you can add the tag as intro dance

(1-8) (Side and Hipbump, Hold)x4

1-2 Step R to R side and hip bump to the right (1), hold (2)
3-4 Step L to L side and hip bump to the left (3), hold (4)
5-6 Repeat count (1-2)
7-8 Repeat count (5-6)

Hands movement: swing both arms slowly from bottom to top (1-4), then swing slowly down (5-8)

Imagine that you're dancing belly dance.

(9-16) Turn ¼ R then repeat count (1-8)

(17-24) Turn ¼ R then repeat count (1-8)

(25-32) Turn ¼ R then repeat count (1-8)

(33-40) Turn ¼ R, (Cross Hold)x2, Walk Forward, Pivot ½ L

1-2 Turn ¼ R then cross R over L (1), hold (2)

- 3-4 Cross L over R (3), hold (4)
- 5-6 Walk forward R-L
- 7-8 Step R forward (7), pivot $\frac{1}{2}$ L (8)

(41-48) (Cross Hold)x2, Walk Forward, Pivot $\frac{1}{4}$ L

- 1-2 Cross R over L (1), hold (2)
- 3-4 Cross L over R (3), hold (4)
- 5-6 Walk forward R-L
- 7-8 Step R forward (7), pivot $\frac{1}{4}$ L (8)

(49-56) Cross Hold, Side Hold, Sway R-L, Side and Point

- 1-4 Cross R over L (1), hold (2), step L to L side (3), hold (4)
- 5-6 Sway R-L
- 7-8 Large step R to R side and point L to L side (7), hold (8)

(57-64) Turn $\frac{1}{4}$ R and Hold, Side Apart, Bend and Open Knees, Hip Down, Straightening Legs and Hip Up.

- 1-4 Turn $\frac{1}{4}$ L stepping L forward (1), hold (2), step R to R side (3), step L to L side, wide apart from right leg (4)
- 5-6 Bend and open both knees out, push the hip down in 2 count, try to make angle 90° between lower thigh and calf. Slide down both arms on upper thighs.
- 7-8 Straighten both legs, pull the hip up in 2 count. Slide up both arms on upper thighs.

Feel Sexy and Have Fun!
