|  |  |
| --- | --- |
| Loosen up My Buttons |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Rick Dominguez (USA) - April 2018 | | | | |
| **Music:** | 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 |

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| --- | --- |
| 8 | Jump up, landing with feet shoulder width apart (weight mostly on R) |

**KNEE POPS, CROSS-KICK, TRIPLE STEP, DIP**

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| --- | --- |
| 1-4 | Pop L knee out toward left, then in (4 times) (keep weight on R) |

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| --- | --- |
| &5 | Cross L in front of R knee, Kick L out to L |

|  |  |
| --- | --- |
| 6&7 | Triple step in place L, R, L |

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| --- | --- |
| 8 | With weight on both feet, bend knees, dipping body down |

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

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| --- | --- |
| &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**