

Loosen up My Buttons

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rick Dominguez (USA) - April 2018
音乐: 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 $\frac{1}{4}$ turn Left (keep weight on R)
- 3&4 Kick L forward, step L next to R, step R next to L
- 5-7 Turn $\frac{1}{4}$ 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, $\frac{1}{2}$ TURN, STEP, TOUCH

- &1 Jump, turning $\frac{1}{4}$ 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 $\frac{1}{2}$ turn Left (keep weight on L)
- 7 Step forward on R
- 8 Touch L next to R

REPEAT

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