

# 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

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