



# LOOSEN MY BUTTONS



Niveau :

Type: line

Musique: Pussycat Dolls - Buttons

Temps: 32 counts, 4 walls

## Section 1 1-8 JUMP ROCK STEP, COASTER STEP, TWIST, KICK, TRIPLE STEP

- 1-2 Rock forward L, recover R (Jump into rock step)
- 3&4 Coaster step) 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

## Section 2 9-16 QUARTER TURN, KICK-BALL-CHANGE, THREE BEAT QUARTER TURN,

- 9, 10 Step R forward, turn  $\frac{1}{4}$  turn CCW (keep weight on L)
- 11&12 Kick R forward, step R next to L, step L next to R
- 13-16 Turn  $\frac{1}{4}$  turn CW over three beats landing with feet shoulder with apart (weight mostly on R)

## Section 3 17-24 KNEE POPS, KICK, TRIPLE STEP, DIP

- 17-20 Pop L knee out toward left, then in (4 times) (keep weight on R)
- 21 Kick L
- 22&23 Triple step in place L, R, L
- 24 With weight on both feet, bend knees, dipping body down

## Section 4 25-32 HEEL STRUT x 2, MAMBO STEP BACK, TOUCH $\frac{1}{2}$ TURN, STEP, TOUCH

- &25 Heel strut
- &26 Heel strut
- &27,28 Mambo step back
- 29 Touch back L
- 30  $\frac{1}{2}$  turn CCW (keep weight on L)
- 31 Step forward on L
- 32 Touch L next to R (weight on R)

**RECOMMENCEZ AU DEBUT**