

CountryFun

CATHY MERIOT - OLIVIER AMEL / LINE DANCE TEACHERS

www.countryfun.fr

Loosen up My Buttons

Choreographed by DJ Rick Dominguez

Description: 32 count, 4 wall intermediate line dance

Music: Buttons by Pussycat Dolls

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

QUARTER TURN, KICK-BALL-CHANGE, THREE BEAT QUARTER TURN, JUMP OPEN

- 9, 10 Step R forward, turn ¼ turn CCW (keep weight on R)
11&12 Kick L forward, step L next to R, step R next to L
13-15 Turn ¼ turn CW over three beats
16 Jump up, landing with feet shoulder width apart (weight mostly on R)

KNEE POPS, CROSS-KICK, TRIPLE STEP, DIP

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

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

- &25 Jump, turning ¼ CW, stepping onto L, touch R heel forward
&26 Step onto R, touch L heel forward
&27, 28 Step onto L, walk forward R, walk forward L
&29 Step R back, step L back
30 ½ turn CCW (keep weight on L)
31 Step forward on R
32 Touch L next to R



Have Fun and Dance

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