

LOOSEN UP MY BUTTONS

4-wall line dance

Music: "Buttons" – Pussycat Dolls

- 1,2 Rock L with jump forward, recover R
- 3&4 Step L back, step R next to L, step L forward
- &5 Twist heels left, twist heels center
- 6 Kick L forward
- 7&8 Triple step L, R, L in place

- 9, 10 Step R forward, pivot $\frac{1}{4}$ -turn to the left (keep weight on R)
- 11&12 Kick L forward, step L next to R, step R next to L
- 13-15 Turn $\frac{1}{4}$ -turn to the right over three beats
- 16 Jump in place with feet apart (weight mostly on R)

- 17-20 Pop L knee out to the left 4 times
- &21 Cross L in front of R, kick L out to left
- 22&23 Triple step L, R, L in place
- 24 Dip body down (weight on both feet)

- &25 Jump onto L with $\frac{1}{4}$ -turn to the left, touch R heel forward
- &26 Step onto R, touch L heel forward
- &27,28 Step onto L, step R forward, step L forward
- &29 Step R back, step L back
- 30 Pivot $\frac{1}{2}$ -turn to the left (keep weight on L)
- 31, 32 Step forward on R, touch L next to R