

Loosen Up My Buttons

Choreographed by Rick Dominguez

Description: 32 count, 4-wall, intermediate line dance

Music: "Buttons" – Pussycat Dolls

Alternate Music: "Sweet Love" – Trisha Yearwood

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

- 9, 10 Step R forward, turn 1/4 turn CCW (keep weight on R)
- 11&12 Kick L forward, step L next to R, step R next to L
- 13-15 Turn 1/4 turn CW over three beats
- 16 Jump up, landing with feet shoulder width apart (weight mostly on R)

KNEE POPS (x4), 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, HEEL, WALK, WALK, BACK, BACK, 1/2 TURN, STEP, TOUCH

- &25 Jump, turning 1/4 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 1/2 turn CCW (keep weight on L)
- 31 Step forward on R
- 32 Touch L next to R

REPEAT