

Four Minutes

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Merete Sevel (DK) - March 2008

Musik: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



Start after 16 counts.

Cross behind, Unwind full turn R, Out-out, Pop knee, 1/4 turn L, Coaster step

- 1 Cross R behind L
- 2-3 Unwind full turn Right (end with weight on L)
- &4 Small steps out – out (R, L)
- &5 Pop R knee in then out
- 6 1/4 turn Left on both feet (end with weight on R)
- 7&8 Coaster step with prep (L – R – L) (9.00)

Full turn R, 1/4 turn R, Chassé, Step, 3/4 spin turn L

- 1 Step fw on R making 1/4 turn Right
- 2 Step bw on L making 1/4 turn Right
- 3 Step fw on R making 1/2 turn Right (9.00)
- 4 Step fw on L
- 5&6 1/4 turn chassé to the Right (12.00)
- & Small step fw on L
- 7 Turn 3/4 turn Left on ball of L (3.00)
- 8 Step R next to L (weight on R)

Hitch/slap x 2, Funky steps x 2, Shoulder pops, 1/4 turn L lock step back

- &1 Hitch L and slap it with L hand (&), touch L down (1)
- &2 Hitch L and slap it with L hand (&), step down on L (2)
- 3-4 Funky steps fw R - L
- 5&6 Pop shoulders R – L – R (weight on R)
- 7&8 1/4 turn Left on ball of R locking L across R (7), step R bw, lock L over R (12.00)

Make 1/4 turn L x 2, Hitch, Cross, Step back, 1/4 turn R, Cross, Unwind full turn, Sweep

- 1 1/4 turn Left step back on R
- 2 1/4 turn Left step fw on L (6.00)
- 3 Hitch R around
- 4 Cross R over L
- 5 Small step back on L
- & 1/4 turn Right on R (9.00)
- 6 Cross L over R
- 7 Unwind full turn Right (weight on L)
- 8& Sweep R around

Finish:

Instead of unwinding a full turn just unwind 3/4 turn (7) and point R to Right side (8) (12.00)