FourFiveSeconds

Count: 32

Level: Intermediate - smooth West Coast

Choreographer: Andie Ghidiu (USA) - March 2015

Music: FourFiveSeconds - Rihanna and Kanye West and Paul McCartney or: the workout crew remix: see note

Sequence: *Tag, 32, 32, 32, 32, 32, 32, *Tag, 32,32 INTRO: 32 counts. The dance begins with the 16 count *tag (12:00).

(Note: If you use the workout remix, the intro will be 64 counts and the tag will occur after walls 1 and 8)

Body of dance [1-8] Rock-step, ½ shuffle turn, rock-step, ¾ shuffle turn 1-2 Rock forward on L, recover R 3&4 Turn ¼ L and step side, close R next to L, turn ¼ L and step fwd (12:00) 5-6 Rock forward on R, recover L, 7-8 triple R-L-R turning ³/₄ R (9:00) [9-16] Cross-point, cross-point, rocking chair, cross-point 1-2 Step L fwd crossing slightly over R, point R to R side 3-4 Step R fwd crossing slightly over L, point L to L side 5&6& Rock L fwd at a R diagonal, recover R, rock L back at same diagonal, recover R 7-8 Step L fwd at same diagonal, point R to R side straightening to face 9:00 [17-24] Cross-side, heel pop, hold, ball-cross, ¼ turn step, hitch, ¼ turn step, hitch &1&2 Cross R over L, step side L on L, Lift heels, lower heels 3&4 Hold, step slightly in on ball of R, cross L over R 5-6 Turn ¼ R stepping fwd on R, hitch L (12:00) 7-8 Turn ¼ R stepping side L, hitch R (or touch) (3:00) [25-32] Point, ¼ turn and close, point, ¼ turn and hitch, wizard step, tap-ball-hitch Point R to R side, turn 1/4 R and close R next to L (6:00) 1-2 3-4 Point L to L side, turn $\frac{1}{2}$ L and hitch L (weight remains on R) (12:00) (wall 5 and going into wall 6 (listen as vocals slow here but keep dancing) 5-6& Step L fwd at a L diagonal, step R slightly behind L, step L fwd at same diagonal 7&8 Tap R next to L, step R slightly to R side, hitch L * tag here after wall (6:00) *16 count TAG (Begins the dance, and occurs again at the end of wall 6) [1-8] Sway, sway, sway, touch, ¼ back, touch behind, pivot ½, pivot ¼, heel pop 1-2 Step L to L side and sway L, sway R 3&4 Sway L, touch R next to L, turn 1/4 L and step back on R 5-6 Touch L behind R, pivot 1/2 L keeping weight R Turn ¼ R shifting weight to L and face diagonally R, lift R heel up, lower heel 7&8 [9-16] Sway, sway, cross-rock-side, behind, unwind, hitch, step 1-2 Sway R, sway L 3&4 Touch R to front L diagonal, recover L, step R to R side Cross L behind R, unwind full turn L over 2 counts 5.6-7 8& Lift R knee, step slightly fwd on R (begin dance with count 1 of first set) Ending: dance ends on count 8 of last set. Replacement steps for 7&8 are as follows: Tap, out-out 7&8 Tap R next to L, step R to R side, step L to L side Contact: andie2974@yahoo.com

Last Update – 17th March 2015





Wall: 2