

# Four Five Seconds

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Kate Sala (UK) - March 2015  
音乐: Fourfiveseconds (Extended Workout Mix) - The Workout Crew



Start after a 64 count intro. 33 seconds.

**S1: Step Forward, Lock With Hitch, Step Back, Touch, Step Forward, Paddle Left x 2, Cross Step.**

1 2                      Step forward on Rt. Lock step Lt behind Rt as you hitch Rt knee up.  
3 - 5                      Step back on Rt. Touch Lt toe in front of Rt with Lt knee bent. Step forward on Lt.  
6 - 7                      Turn 1/4 left touching Rt toe out to right side. Repeat 1/4 turn left, side touch right. 6:00  
8                          Cross step Rt over Lt.

**S2: Point Left & Long Step Right, Together, Modified Jazzbox, Step Right, Pivot 1/4 Turn Left.**

1 & 2                      Point Lt out to left side. Step Lt next to Rt. Make a long step on Rt to right side.  
3 4                          Step Lt next to Rt. Cross step Rt over Lt.  
5 & 6                      Step back on Lt. Step Rt to right side. Cross step Lt over Rt.  
7 8                          Step Rt to right side. Pivot 1/4 turn left. 3:00

**S3: Forward Rock, Recover, Full Turn Back, Step Back Bumping Hips Back x 2, Mambo Step.**

1 2                          Rock forward on Rt. Recover on to Lt.  
3 4                          Turn 1/2 right stepping forward on Rt. Turn 1/2 right stepping back on Lt.  
5 & 6                      Small step back on ball of Rt bumping hips back. Lock step Lt in front of Rt. Step Rt back.  
7 & 8                      Rock back on Lt. Recover on to Rt. Step forward on Lt.

**S4: Cross, Side & Heel Dig Across Ball Side Step, Touch Behind Pivot 1/2 Turn, Step 1/2 Turn.**

1 2                          Cross step Rt over Lt. Step Lt to left side.  
3 & 4                      Small step back on Rt. Dig Lt heel across Rt. Step down on ball of Lt. Step Rt to right side.  
5 - 8                      Touch Lt toe back. Pivot 1/2 turn left. Step Rt forward. Pivot 1/2 turn left. (Weight on Lt).

**S5: Cross Rock, Recover, Sweep, Weave Left, Side Rock, Recover, Weave Right.**

1 2                          Cross rock on Rt over Lt. Recover on to Lt sweeping Rt round to right side.  
3 & 4                      Cross step Rt behind Lt. Step Lt to left side. Cross step Rt over Lt.  
5 6                          Rock out to left side on Lt. Recover on to Rt.  
7 & 8                      Cross step Lt behind Rt. Step Rt to right side. Cross step Lt over Rt.

**S6: Turn 1/2 Left, Cross Rock, Step Right, Cross, 1/4 Turn Left, 1/4 Turn Left into Left Chasse.**

1 2                          Turn 1/4 left stepping back on Rt. Turn 1/4 left stepping Lt to left side.  
3 & 4                      Cross rock on Rt over Lt. Recover onto Lt. Step Rt to right side.  
5 6                          Cross step Lt over Rt. Turn 1/4 left stepping back on Rt.  
7 & 8                      Turn 1/4 left stepping Lt to left side. Step Rt next to Lt. Step Lt to left side.

\*(Restart on walls 1 & 5)

**S7: Cross, Back, Back x 2, Step Forward, Pivot 1/2 Turn Left, Pivot 1/2 Right, Step Pivot 1/2 Turn Left, Step.**

1 & 2                      Cross step Rt over Lt. Small step back on Lt to left diagonal. Small step back on Rt to right diagonal.  
3 & 4                      Cross step Lt over Rt. Small step back on Rt to right diagonal. Small step back on Lt to left diagonal.  
5 - 7                      Step forward on Rt. Keeping balls of feet in place pivot 1/2 turn left, pivot 1/2 turn right. 3:00  
8 & 1                      Step forward on Lt. Pivot 1/2 turn right. Step forward on Lt. 9:00

**S8: Pivot 1/2 Turn Left, Pivot 1/2 Right, Mambo step, Step Back x 2.**

2 - 4                      Step forward on Rt. Keeping balls of feet in place pivot 1/2 turn left, pivot 1/2 turn right.

5 & 6            Rock forward on Lt. Recover on to Rt. Step back on Lt.  
7 8                Walk back on Rt, Lt.

**\*Restarts: Restart the dance after 48 counts during wall 1 and wall 5.**

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