

# 4-5 Seconds

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Will Craig (USA) - February 2015  
音乐: 4 5 Seconds by Rihanna, Kanye West and Paul McCartney



Count in: After 32 counts

## (1-8) Walk Walk Anchor Step, Behind Side Cross, Hold Ball Cross

1 2            Step R forward (1), Step L Forward (2)  
3&4          Step R foot behind left (3), Step L in place (&) Step R back (4)  
5&6          Step L behind right (5), Step R to right side (&), Cross L over right (6)  
7&8          Hold (7), Step R to right side (&), Cross L foot over right foot (8)

## (9-16) Rock Side, Behind Side Cross, Shorty George

1 2            Rock R out to right side (1), Recover weight to L (2)  
3&4          Step R behind left (3), Step L to left side (&), Cross R over left (4)  
5&6          Kick L foot, Step L foot down (While rolling the right knee), Step R foot forward  
7&8          (While rolling the left knee) Step L foot forward, (While rolling the right knee) Step R foot forward, (While rolling the left knee) Step L foot forward

## (17-24) Cross Back and Cross Back, Cross Unwind, Side Triple

1 2 &        Cross R over left (1), Step L back (2), Step R back and to the right side (&)  
3 4 &        Cross L over right (3), Step R back (4), Step L back and to left side  
5 6          Cross R over L (5), Unwind full turn ending with weight on the right (6)  
7&8          Step L to left side (7), Step R next to left (&), Step L to left side (8)

## (25-32) Cross Rock Right, Cross Rock Left, ¼ Turn, Step Pivot ½ Turn, Walk Walk

1&2          Cross rock R over left (1), Recover weight on L (&), Step R next to right side (2)  
3&4          Cross rock L over right (3) Recover weight on R (&) Make a ¼ turn left Stepping L forward (9:00)  
5 6          Step R forward (5), Pivot ½ Turn left (6) (3:00)  
7 8          Walk R (7) Walk L (8)

Last Update - 13th April 2015