

4 Minutes

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Melanie Ryczko (USA) - October 2024
音乐: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



No Tags or Restarts

[1 – 8] Step drag, shift, switch, step together step, prep knee hop, knee hop, knee hop, drag

- &1 Step back on the ball of the right keeping the heel lifted (&), drag the left foot back slightly behind the right (1)
- 2 Slide right next to left, shifting weight onto the right foot and popping the left knee (2)
- &3 Shift weight into the left foot and pop the right knee (&), step right foot forward while opening the knees, torso opens to 9:00 (3)
- &4 Step left foot beside right closing the knees (&), step right foot forward while opening the knees (4)
- 5 Step left foot forward, torso shifts to 3:00 (5)
- &6 1/4 turn left jumping onto the right foot, picking up the left knee (9:00) (&), step left foot beside right (6)
- &7 1/2 turn left jumping on the left foot, picking up the right knee (3:00) (&), step right next to left (7)
- &8 1/2 turn left jumping on the right foot, picking up the left knee (9:00) (&), step to the left with the left and drag the right foot in (8)

[9 – 16] Step, knee lift, step, heel taps, kick kick bend, body roll, 1/4 turn

- 1 Step right with right (1)
- &2 Pick up left knee in front (&), step left beside right (2)
- 3 Tap right heel forward (3)
- &4 Step right beside left (&), tap left heel forward (4)
- &5 Step left beside right (&), kick right out to the diagonal (5)
- &6 Jump onto right and kick left out to diagonal (&), slightly hop on the right, bend the left knee dropping it downwards, left heel shines up to the ceiling (6)
- 7 Body roll while stepping left foot back on the diagonal (7)
- 8 1/4 turn left stepping forward on the right (6:00)

[17 – 24] Tap, turn, tap, jump switch, groove, step together step

- 1 Tap left out to left (1)
- 2 1/2 turn left stepping left next to right (2) (12:00)
- 3 Tap right out to right (3)
- &4 Jump right out front with left behind, weight even between feet (&), switch jumping onto the left forward and dragging the right foot from back to together (4)
- 5-6 Step right with right, slow dougie/groove in the upper body (5-6)
- 7&8 Step left with left (7), step right next to left (&), step left with left (8)

[25 – 32] Step, hop turn, step knee, tap, step, turning sailor

- 1 Step on right (1)
- &2 1/2 turn hopping on the right with the left knee picked up (6:00) (&), 1/2 turn hopping on the right with the left knee still picked up (12:00) (2)
- 3 Step left next to right (3)
- 4 Hop on left picking up the right knee (4)
- 5 Tap right out on diagonal (5)
- 6 Step on right out on diagonal (6)
- 7 Step left behind right (7)
- &8 1/4 turn left stepping right beside left (9:00) (&), step forward with left (8)

