

4-5 Seconds

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Will Craig (USA) - February 2015
音樂: FourFiveSeconds - Rihanna and 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