

Four Minutes

拍數: 64 牆數: 2 級數: Improver
編舞者: Hayley Wheatley (UK) & Gregory Danvoie (BEL) - March 2020
音樂: Four Minutes - Chad Cooke Band



S1. Side step, Behind, Shuffle forward with ¼ turn, Step forward, Pivot ½ turn, Shuffle back with ½ turn

1-2 RF step to the side, LF cross behind RF
3&4 RF shuffle forward with ¼ turn to the R
5-6 LF step forward, pivot ½ turn to the R
7&8 LF shuffle back with ½ turn to the R

S2. Step back X2, Coaster cross, Side rock, recover, Cross shuffle

1-2 RF step back, LF step back
3&4 RF coaster cross
5-6 LF side rock, recover
7&8 LF cross shuffle

S3. 8 figure

1-2 RF step to the side, LF cross behind RF
3-4 RF step forward with ¼ turn to the R, LF step forward
5-6 Pivot ½ turn to the R, LF step to the side with ¼ turn the R
7-8 RF cross behind LF, LF step to the side

S4. Cross rock, recover, side chasse, Cross rock, Recover, Shuffle with ¼ turn

1-2 RF cross rock, recover
3&4 RF side chasse
5-6 LF cross rock, recover
7&8 LF side chasse with ¼ turn to the L

S5. Step forward, Touch, Shuffle ½ turn X2, Sway with ¼ turn, Recover

1-2 RF step forward, LF touch next to RF
3&4 LF shuffle forward with ½ turn to the L
5&6 RF shuffle back with ½ turn to the L
7-8 LF sway to the L with ¼ turn to the L, recover

S6. Weave with ¼ turn, Cross, Step back with ¼ turn, Side chasse

1-2 LF cross in front of RF, RF step to the side
3-4 LF cross behind RF, RF step forward with ¼ turn to the R
5-6 LF cross in front of RF, RF step back with ¼ turn to the L
7&8 LF side chasse

S7. Rock forward, recover, Step back, Together, Shuffle forward, Step forward, Pivot ½ turn

1-2 RF rock forward, recover
3-4 RF step back, LF step next to RF
5&6 RF shuffle forward
7-8 LF step forward, pivot ½ turn to the R

S8. Step forward, Pivot ¼ turn, Cross rock, Recover, Side rock, Recover, Behind, Side, Cross

1-2 LF step forward, pivot ¼ turn to the R
3-4 LF cross rock, recover
5-6 LF side rock, recover
7&8 LF cross behind RF, RF step to the side, LF cross in front of RF

TAG :

1-2 RF side rock, recover

3-4 RF back rock, recover

At wall 2 and 6 after the 2nd section : TAG & RESTART the dance

At wall 4 after the 6th section : TAG & RESTART the dance
