

# 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**

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