

Four Minutes

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Merete Sevel (DK) - March 2008
音樂: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



Start after 16 counts.

Cross behind, Unwind full turn R, Out-out, Pop knee, 1/4 turn L, Coaster step

1 Cross R behind L
2-3 Unwind full turn Right (end with weight on L)
&4 Small steps out – out (R, L)
&5 Pop R knee in then out
6 1/4 turn Left on both feet (end with weight on R)
7&8 Coaster step with prep (L – R – L) (9.00)

Full turn R, 1/4 turn R, Chassé, Step, 3/4 spin turn L

1 Step fw on R making 1/4 turn Right
2 Step bw on L making 1/4 turn Right
3 Step fw on R making 1/2 turn Right (9.00)
4 Step fw on L
5&6 1/4 turn chassé to the Right (12.00)
& Small step fw on L
7 Turn 3/4 turn Left on ball of L (3.00)
8 Step R next to L (weight on R)

Hitch/slap x 2, Funky steps x 2, Shoulder pops, 1/4 turn L lock step back

&1 Hitch L and slap it with L hand (&), touch L down (1)
&2 Hitch L and slap it with L hand (&), step down on L (2)
3-4 Funky steps fw R - L
5&6 Pop shoulders R – L – R (weight on R)
7&8 1/4 turn Left on ball of R locking L across R (7), step R bw, lock L over R (12.00)

Make 1/4 turn L x 2, Hitch, Cross, Step back, 1/4 turn R, Cross, Unwind full turn, Sweep

1 1/4 turn Left step back on R
2 1/4 turn Left step fw on L (6.00)
3 Hitch R around
4 Cross R over L
5 Small step back on L
& 1/4 turn Right on R (9.00)
6 Cross L over R
7 Unwind full turn Right (weight on L)
8& Sweep R around

Finish:

Instead of unwinding a full turn just unwind 3/4 turn (7) and point R to Right side (8) (12.00)