

# 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, ¼ 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, ¼ 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)