

4 Minutes

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nikki James (UK) - May 2008
音樂: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



Start: Begin dance on 43 seconds into the song, 16 counts before Madonna sings

Point. Point. Hitch 1/4 Turn Right. Right Lock Step Forward. Step. Pivot 1/2 Turn Right. 1/4 Turn Right.

- 1 – 2 Point right toe to the front, Point right toe to the right side.
- 3 Hitch right heel across left knee whilst turning 1/4 turn to the right.
- 4&5 Step forward on right, Lock step left behind right, Step forward on right.
- 6 – 8 Step forward on left, Pivot 1/2 right, Turn 1/4 turn right stepping left out to left side. (12 o'clock)

Behind, Side, Cross. Left Side Rock. Behind. 1/4 Turn Right. Step Forward. Forward Rock.

- 1&2 Cross right behind left, Step left to left side, Cross step right over left.
- 3 – 4 Rock left out to left side, Recover weight on right.
- 5&6 Cross left behind right, Turn 1/4 turn right stepping forward on right, Step forward on left.
- 7 – 8 Rock forward on right, Rock back onto left. (3 o'clock)

Cross Behind. Unwind 1/2 Turn Right. Full Turn Right. Side Step Right. Tap. Side Step Left. Tap.

- 1 – 2 Cross right toe behind left, Unwind 1/2 turn right.
- 3&4 Travelling forward...Make a Full turn right stepping left, right, left.
- 5 – 6 Step right to right side, Tap left toe beside right.
- 7 – 8 Step left to left side, Tap right toe beside left. (9 o'clock)

Back Rock. Right Shuffle 1/2 Turn Left. Back Rock. Full Turn Right.

- 1 – 2 Rock back on right, Rock forward on left.
- 3&4 Right shuffle turning 1/2 turn left stepping right, left, right.
- 5 – 6 Rock back on left, Rock forward on right.
- 7&8 Travelling forward...Make a Full turn right stepping, left, right, left. (3 o'clock)

(&) Forward Rock. Chasse 1/4 Turn Left. Back Rock. 2 x 1/4 Turns Left. Cross.

- &1 – 2 Step right beside left, Rock forward on left, Rock back on right.
- 3&4 Step left to left side, Close right beside left, Turn 1/4 turn left stepping forward on left.
- 5 – 6 Rock back on right, Rock forward on left.
- 7&8 Turn 1/4 turn left stepping back on right, Turn 1/4 turn left stepping left to left side, Cross step right over left.

Point-Hook-Step Forward (Left & Right). Point with 1/4 Turn Right x 2. Left Kick-Ball-Point.

- 1&2 Point left toe forward, Hook left heel across right knee, Step forward on left.
- 3&4 Point right toe forward, Hook right heel across left knee, Step forward on right.
- 5 – 6 Turn 1/4 right pointing left toe out to the left side. Turn 1/4 right pointing left toe out to the left side.
- 7&8 Kick left forward, Step ball of left beside right, Point right toe out to right side. (12 o'clock)

Right Sailor Step. Left Sailor Step 1/4 Turn Left. Hip Sways with 1/4 Turn Left. Hip Sways with Flick.

- 1&2 Cross right behind left, Step left to left side, Step right to right side.
- 3&4 Cross left behind right, Turn 1/4 turn left stepping right to right side, Long step forward on left.
- 5 – 6 Turn 1/4 turn left stepping right to right side swaying hips right, Sway hips left.
- 7 – 8 Sway hips right, Sway hips left whilst flicking right heel behind left leg. (6 o'clock)

Chasse Right. Back Rock. Chasse Left. Back Rock.

- 1&2 Step right to right side. Close left beside right, Step right to right side.
3 – 4 Rock back on left, Rock forward on right.
5&6 Step left to left side, Close right beside left. Step left to left side.
7 – 8 Rock back on right, Rock forward on left.

Start Again

TAG: 16 Count Tag at the end of the Fifth Wall

- 1&2 Step right to right side. Close left beside right, Step right to right side.
3 – 4 Rock back on left, Rock forward on right.
5&6 Step left to left side bumping hips left, right, left. (Weight on left)
7 – 8 Step back on right, Tap left toe in front of right.
1 – 2 Step forward on left, Tap right toe to the side of left.
3 – 8 Hold for six counts ... then restart the dance from the beginning.
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