

# 4 Minutes

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Maria Maag (DK) - July 2008  
音樂: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



Intro: 16 count

## (1-8) Walk Forward Right, Left, Lounge, Roll Knee/Shoulder

- 1-2      walk forward right, walk forward left
- 3-4      lounge right, recover
- 5-6      long step forward right, touch left beside right
- 7-8      roll left knee and shoulder out and look to the left, roll back to center, weight left

## (9-16) Long Step Right, Left, Rock And Kick

- 1-2      long step to right side on right, touch left beside right
- 3&4      rock back on left, recover, kick forward left
- 5-6      long step to left side on left, touch right beside left
- 7&8      rock back on right, recover, kick forward on right

## (17-24) sailor 1/4 Right, 1/4 Hitchturns, 1/2 Turn Right, Sailorsteps

- 1&2      cross right behind left, step left to side, make 1/4 turn right and step forward on right
- &3&4      hitch left and make 1/4 right on ball of right foot, touch left to side, hitch left and make 1/4 right on ball of right foot, touch left to side
- &5      on ball of right make a sharp 1/2 turn right, step down on left
- 6&7      cross right behind left, step left to side, step right to side
- 8&      cross left behind right, step right to side

## (25-32) Scate Left, Right, Left, Step Touch, 1/2 Turn Right, 1/2 Turn Right

- 1-2      scate forward left, scate forward right
- 3-4      scate forward left, long step forward right
- 5-6      step left next to right, 1/2 turn right on ball of left and step forward on right
- 7-8      on ball of right make a 1/2 turn right, step left next to right, weight left

**RESTART WALL 9: Do the FIRST 16 count of the dance, then do the restart.**

**ENDING WALL 11: Do the count 1-15 of the dance ( on count 15 you rock back right, ) on count 16 : make a 1/2 turn right on ball of right.**

**HAVE FUN AND ENJOY**