

# 4 Minutes

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**