

Just 4 Minutes

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Earleen Wolford (USA) & Jamie Marshall (USA) - January 2012
音樂: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



R MAMBO W/HEEL STEP, L MAMBO STEP, KICK & POINT, ROLL FORWARD

1&2& Rock R to R (1), Step L in place (&), R Heel forward (2), Step R in place (&)
3&4 Rock L to L (3), Step R in place (&), Step L forward (4)
5&6 Kick R forward (5), Step on R ((&), Point L to L, turning face 1/4 R (at 6:00)
7,8 Turning body 1/4 L, roll weight forward to L (12:00)

POINT, FLICK, POINT, STEP, 1/2 R TURN, POINT, POINT, STEP OUT

9&10 Point R forward (9), Turning 1/4 L, flick R to R (&), Point R to R (10) (9:00)
11,12 Cross R over L (11), Turning 1/2 R, stepping L slightly forward taking weight (3:00)
13&14 Point R to R (13), Turning 1/4 R, step R next to L (&), Point L back (14) (6:00)
15,16 Step L to L (15), Step R to R (16) (Feet slightly apart, even weight) (6:00)

SMALL HOP, TAPs, TURN 1/4 R/TAP, "C" MOTION WITH PRESS STEP, L ROLL WITH TOUCH

17,18 Small hop to R* (17), Step L to L (18) (6:00)
***Optional-Instead of small hop, simply touch L next to R (17)**
19&20 Tap R twice, bringing R next to L (19&), Turn 1/4 L, tap R toe next to L (20) (3:00)
21,22 Press step R to R (21), Step R next to L (22) (Styling: Make "C" motion with R arm up, down) (3:00)
23,24 Step L to L with side motion body roll (23), Kick R to R (24) (Weight on L) (3:00)

BEHIND, STEP, TOUCH, POINT, TOUCH, HITCH, TRIPLE FORWARD, SWEEP TURNING 1/2 R, HITCH

25&26 Cross R behind L (25), Step L to L (&), Touch R next to L (26)
27&28 Point R to R (27), Touch R next to L (&), Hitch R (28)
29&30 Step R forward (29), Step L next to R (&), Step R forward (30)
31&32 Sweep L, turning 1/2 R (31), Hitch L (&), Step L forward (32)

Optional: 4 count hand/arm motion, when the song says 'U got 4mins to save the World', which is said 5x's in the song.

1st and 2nd times, is on the 4th wall, counts 5-8 & counts 21-24. 3rd and 4th times is on 9th wall again, on same counts 5-8 and counts 21-24. The 5th time/last time, is on the 10th wall again, but just on counts 5-8. These optional motions/using some sign language are done as follows: On counts 5-8, (5) is when kick R forward, point with you R index finger out to the crowd, (&) hold 4 fingers up on R hand w/thumb folded in facing you on words 'U got 4mins', (6)point your R index finger on top of your L wrist (pretending your wearing a watch for time), (7) then bring both arms in crossing your chest with both fist folded in on words 'to save', (8) turn fist out opening fingers while crossing them in front of you bring up both arms straight up and out like a wide V shape in the air words 'the World'. On counts 21-24, (21) is when you press lean to R, instead of doing the C motion, you hold 4 fingers up on R hand w/thumb folded in facing you on words (U got 4), (22) point your R index finger on top of your L wrist on word (minutes) (again, pretending your wearing a watch for time), (23) bring both arms in crossing your chest with both fist folded in on words 'to save', (24) turn fist out opening fingers while crossing them in front of you bring up both arms straight up and out like a wide V shape in the air words 'the World'.

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