

Four Minutes

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Yuli Sucipto (INA), Luci Chryz (INA) & Shanty Dimas (INA) - May 2025

Musik: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



No Tag Or Restart

Intro 32C

Start RF

S1 Out, Swivel, Hitch, Together, Forward, Kick, Forward, Touch behind, Step behind, Brush, Cross

a1 2& Step RF out (a) LF out (1) heel in RF (2) toe in RF (&
3&4 Heel in RF (3) Toe in RF (&) Hitch RF (4)
&5 6& Together RF (&) Step LF fwd (5) Kick RF fwd (6) Step RF fwd (&
7& 8& Touch LF behind RF (7) Step LF in place (&) Brush RF (8) Cross RF over LF (&)

S2 Point, Weave, ¼R point side, body weave to side, touch

1 2& Point LF to side (1) Cross LF over RF (2) Step RF to side (2)
3& 4 Cross LF behind RH (3) Step RF to side (&) ¼ R point LF to side 03.00 (4)
5 6 Transfer body weight to LF & wave your body (5) Step RF together (6)
7 8 Point LF to side & transfer body weight to LF & wave your body (7) Touch RF next to LF (8)

S3 Hip rotate RL, Forward, 2x ½ Pivot turn L

1 2 Step RF to side & rotate hips counter clock wise (1) Touch LF & Push hip to L (2)
3 4 Step LF to side & rotate hips clock wise (3) Touch RF & Push hip to R (4)
5 6 Step RF fwd (5) Turn ½ L step LF in place 09.00 (6)
7 8 Step RF fwd (7) Turn ½ L step LF in place 03.00 (8)

S4 Dorothy R L, 2X Syncopated V step

1 2& Step RF diagonal fwd (1) Lock LF behind RF (2) Step RF diagonal fwd (&
3 4& Step LF diagonal fwd (3) Lock RF behind LF (4) Step LF diagonal fwd (&
5& 6& Step RF diagonal fwd (5) Step LF diagonal fwd (&) Step RF back to center (6) Step LF together (&
7& 8& Step RF diagonal fwd (7) Step LF diagonal fwd (&) Step RF back to center (8) Step LF together (&)

Last Update: 28 May 2025