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| 4 Minutes |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Nikki James (UK) - May 2008 |
| **Music:** | 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.**

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| 1 – 2 | Point right toe to the front, Point right toe to the right side. |

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| 3 | Hitch right heel across left knee whilst turning 1/ 4 turn to the right. |

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| 4&5 | Step forward on right, Lock step left behind right, Step forward on right. |

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| 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.**

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| 1&2 | Cross right behind left, Step left to left side, Cross step right over left. |

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| 3 – 4 | Rock left out to left side, Recover weight on right. |

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| 5&6 | Cross left behind right, Turn 1/4 turn right stepping forward on right, Step forward on left. |

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| 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.**

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| 1 – 2 | Cross right toe behind left, Unwind 1/2 turn right. |

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| 3&4 | Travelling forward…Make a Full turn right stepping left, right, left. |

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| 5 – 6 | Step right to right side, Tap left toe beside right. |

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| 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.**

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| 1 – 2 | Rock back on right, Rock forward on left. |

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| 3&4 | Right shuffle turning 1/2 turn left stepping right, left, right. |

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| 5 – 6 | Rock back on left, Rock forward on right. |

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| 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.**

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| --- | --- |
| &1 – 2 | Step right beside left, Rock forward on left, Rock back on right. |

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| --- | --- |
| 3&4 | Step left to left side, Close right beside left, Turn 1/4 turn left stepping forward on left. |

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| --- | --- |
| 5 – 6 | Rock back on right, Rock forward on left. |

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| --- | --- |
| 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.**

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| 1&2 | Point left toe forward, Hook left heel across right knee, Step forward on left. |

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| 3&4 | Point right toe forward, Hook right heel across left knee, Step forward on right. |

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| 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. |

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| 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.**

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| 1&2 | Cross right behind left, Step left to left side, Step right to right side. |

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| 3&4 | Cross left behind right, Turn 1/4 turn left stepping right to right side, Long step forward on left. |

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| 5 – 6 | Turn 1/4 turn left stepping right to right side swaying hips right, Sway hips left. |

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| 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.**

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| --- | --- |
| 1&2 | Step right to right side. Close left beside right, Step right to right side. |

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| --- | --- |
| 3 – 4 | Rock back on left, Rock forward on right. |

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| --- | --- |
| 5&6 | Step left to left side, Close right beside left. Step left to left side. |

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| 7 – 8 | Rock back on right, Rock forward on left. |

**Start Again**

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

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| --- | --- |
| 1&2 | Step right to right side. Close left beside right, Step right to right side. |

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| --- | --- |
| 3 – 4 | Rock back on left, Rock forward on right. |

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| --- | --- |
| 5&6 | Step left to left side bumping hips left, right, left. (Weight on left) |

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| 7 – 8 | Step back on right, Tap left toe in front of right. |

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| --- | --- |
| 1 – 2 | Step forward on left, Tap right toe to the side of left. |

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| 3 – 8 | Hold for six counts … then restart the dance from the beginning. |