Four Five Seconds

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Kate Sala (UK) - March 2015
Music: Fourfiveseconds (Extended Workout Mix) - The Workout Crew

Start after a 64 count intro. 33 seconds.

S1: Step Forward, Lock With Hitch, Step Back, Touch, Step Forward, Paddle Left x 2, Cross Step.

1 2	Step forward on Rt. Lock step Lt behind Rt as you hitch Rt knee up.
3 - 5	Step back on Rt. Touch Lt toe in front of Rt with Lt knee bent. Step forward on Lt.
6 - 7	Turn 1/4 left touching Rt toe out to right side. Repeat 1/4 turn left, side touch right. 6:00
8	Cross step Rt over Lt.

S2: Point Left & Long Step Right, Together, Modified Jazzbox, Step Right, Pivot 1/4 Turn Left.

1 & 2	Point Lt out to left side. Step Lt next to Rt. Make a long step on Rt to right side.
3 4	Step Lt next to Rt. Cross step Rt over Lt.
5 & 6	Step back on Lt. Step Rt to right side. Cross step Lt over Rt.
7 8	Step Rt to right side. Pivot 1/4 turn left. 3:00

S3: Forward Rock, Recover, Full Turn Back, Step Back Bumping Hips Back x 2, Mambo Step.

1 2	Rock forward on Rt. Recover on to Lt.
3 4	Turn 1/2 right stepping forward on Rt. Turn 1/2 right stepping back on Lt.
5 & 6	Small step back on ball of Rt bumping hips back. Lock step Lt in front of Rt. Step Rt back.
7 & 8	Rock back on Lt. Recover on to Rt. Step forward on Lt.

S4: Cross, Side & Heel Dig Across Ball Side Step, Touch Behind Pivot 1/2 Turn, Step 1/2 Turn.

1 2	Cross step Rt over Lt. Step Lt to left side.
3 & 4	Small step back on Rt. Dig Lt heel across Rt. Step down on ball of Lt. Step Rt to right side.
5 - 8	Touch Lt toe back. Pivot 1/2 turn left. Step Rt forward. Pivot 1/2 turn left. (Weight on Lt).

S5: Cross Rock, Recover, Sweep, Weave Left, Side Rock, Recover, Weave Right.

1 2	Cross rock on Rt over Lt. Recover on to Lt sweeping Rt round to right side.
3 & 4	Cross step Rt behind Lt. Step Lt to left side. Cross step Rt over Lt.
5 6	Rock out to left side on Lt. Recover on to Rt.
7 & 8	Cross step Lt behind Rt. Step Rt to right side. Cross step Lt over Rt.

S6: Turn 1/2 Left, Cross Rock, Step Right, Cross, 1/4 Turn Left, 1/4 Turn Left into Left Chasse.

1 2	Turn 1/4 left stepping back on Rt. Turn 1/4 left stepping Lt to left side.
3 & 4	Cross rock on Rt over Lt. Recover onto Lt. Step Rt to right side.
5 6	Cross step Lt over Rt. Turn 1/4 left stepping back on Rt.
7 & 8	Turn 1/4 left stepping Lt to left side. Step Rt next to Lt. Step Lt to left side.

***(Restart on walls 1 & 5)**

S7: Cross, Back, Back x 2, Step Forward, Pivot 1/2 Turn Left, Pivot 1/2 Right, Step Pivot 1/2 Turn Left, Step.

1 & 2	Cross step Rt over Lt. Small step back on Lt to left diagonal. Small step back on Rt to right diagonal.
3 & 4	Cross step Lt over Rt. Small step back on Rt to right diagonal. Small step back on Lt to left diagonal.
5 - 7	Step forward on Rt. Keeping balls of feet in place pivot 1/2 turn left, pivot 1/2 turn right. 3:00
8 & 1	Step forward on Lt. Pivot 1/2 turn right. Step forward on Lt. 9:00

S8: Pivot 1/2 Turn Left, Pivot 1/2 Right, Mambo step, Step Back x 2.

2 - 4	Step forward on Rt. Keeping balls of feet in place pivot 1/2 turn left, pivot 1/2 turn right.

5 & 6	Rock forward on Lt. Recover on to Rt. Step back on Lt.
7 8	Walk back on Rt, Lt.

***Restarts: Restart the dance after 48 counts during wall 1 and wall 5.**
