4 Minutes

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Maria Maag (DK) - July 2008
Music: 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