拍数： 64
墥数： 4
级数：Intermediate
编舞者：Kate Sala（UK）－March 2015
音乐：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．
12 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 \＆ $2 \quad$ Point Lt out to left side．Step Lt next to Rt．Make a long step on Rt to right side．
34 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．
78 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．
12 Rock forward on Rt．Recover on to Lt．
34 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 \＆ $8 \quad$ 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．
12 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．
12 Cross rock on Rt over Lt．Recover on to Lt sweeping Rt round to right side．
3 \＆ $4 \quad$ Cross step Rt behind Lt．Step Lt to left side．Cross step Rt over Lt．
$56 \quad$ Rock out to left side on Lt．Recover on to Rt．
7 \＆ $8 \quad$ 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．
12 Turn $1 / 4$ left stepping back on Rt．Turn $1 / 4$ left stepping Lt to left side．
3 \＆ $4 \quad$ Cross rock on Rt over Lt．Recover onto Lt．Step Rt to right side．
$56 \quad$ Cross step Lt over Rt．Turn $1 / 4$ left stepping back on Rt．
7 \＆ $8 \quad$ 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 \＆ $4 \quad$ 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.
Walk back on Rt, Lt.
*Restarts: Restart the dance after 48 counts during wall 1 and wall 5.

