

Four Minutes Of Your Time

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Improver Smooth Cha Cha
编舞者: Donnie Allen (USA) - April 2020
音乐: Four Minutes - Chad Cooke Band



Intro: 32 counts

Restarts on Wall 3-7-10 after 20 counts

SIDE ROCK R, CROSS SHUFFLE, SIDE ROCK L, CROSS SHUFFLE

1-2 Rock RF to R side, Recover onto LF
3&4 Cross RF over LF, Step LF to L side, Cross RF over LF
5-6 Rock LF to L side, Recover onto RF
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

STEP R, L TOGETHER (OPTION L LOCK BEHIND), ¼ TURN R SHUFFLE FORWARD, ½ TURN PIVOT R, L SHUFFLE FORWARD

1-2 Step RF to R Side, Step LF together (option: L lock behind)
3&4 ¼ turn R, Shuffle Forward RF, LF, RF (3:00)
5-6 Step Forward on LF, ½ turn Pivot R stepping on RF (9:00)
7&8 Left Shuffle Forward LF, RF, LF

SWAY R, L, R, L, R SHUFFLE FORWARD, ROCK L RECOVER R

1-2-3-4 Sway Hips R-L-R-L
(Restarts on Wall 3-7-10)
5&6 Shuffle Forward RF, LF, RF
7-8 Rock LF Forward, Recover On RF

SHUFFLE ½ TURN L, WALK FORWARD 2 STEPS, RIGHT CROSSOVER JAZZ BOX

1&2 ½ Turn L Shuffle Forward LF, RF, LF (3:00)
3-4 Walk Forward RF, LF
5-6-7-8 Cross RF over LF, Step back on LF, Step RF to R Side, Cross LF over RF

Real Easy Restarts on Wall 3-7-10 after 20 counts; always after the 4 count sways.

On last wall facing 6:00 do first 16 counts then step out on R turn ¼ L to 12:00

Hope you enjoy!! Donnie