

# 4 Minutes

拍数: 32      墙数: 4      级数: Improver  
编舞者: Maria Maag (DK) - July 2008  
音乐: 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**