

# 4 MINUTES

Choreographed by Rob Glover & Jenny Stephenson

Description: 64 count, 2 wall, Funky  
Level: Advanced  
Music: '4 Minutes' by Madonna (113BPM)

Official UCWDC competition dance description  
Date of usage 21 August 2009  
(Updated July 22)

There is a 32 count tag danced once after the 2<sup>nd</sup> wall  
\*Please see video for Arm Movements

## Counts 1-8

- 1&2 Scuff R heel fwd, step RF to R side, step LF to L side  
3&4 Turn R knee in, Turn R knee out, Touch R toe behind L heel (\*arm movements)  
5,6 Rock RF to R side, Recover weight to LF (\*arm mov) Making  $\frac{3}{4}$  turn over L shoulder to face 3:00,  
7&8 Run on the spot R,L,R

## Counts 9-16

- &1 Stepping LF to L side push chest to L diagonal, contract chest (\* arm movements)  
&2 Stepping RF to R side push chest to R diagonal, contract chest (\*arm movements)  
&3 Stepping LF to L side push chest to L diagonal, contract chest (\* arm movements)  
&4 Facing L diagonal push chest fwd, contract chest fwd as RF touches behind LF (\*arm movements)  
5 Jump RF to R side  
6 Roll body backwards from R to L (clockwise)  
7&8 Run fwd R, L, R

## Counts 17-24

- 1,2 Step back on LF popping R knee fwd, Step back on RF foot popping L knee fwd  
3&4 Making  $\frac{5}{8}$  of a turn over L shoulder to face 7.30, sailor step L,R,L (\*arm movement on count 4)  
5 Facing 7.30 Pitch weight fwd and hold  
&6 Facing 7.30 Step RF back, cross LF over R  
7 Squaring up to 6 o'clock step ball of RF to R side turning R knee out (\*arm movements)  
8& Turn R knee in, Turn R knee out putting weight onto RF (\*arm movements)

## Counts 25-32

- 1,2 Facing L diagonal (5.30), Step LF fwd, Touch RF beside LF (\*arm movements)  
3,4 Facing L diagonal (5.30), Step RF fwd, Step LF beside RF  
5& Facing L diagonal (5.30) and travelling back towards 11.30 Hop twice on LF (\*arm movements)  
6& Facing L diagonal (5.30) and travelling back towards 11.30 Hop twice on RF (\*arm movements)  
7&8 Squaring up to 6.00, Sailor Step L,R,L

## Counts 33-40

- 1&2 Step RF fwd, rock LF to L side, Recover weight to RF  
3&4 Step LF fwd, Rock RF to R side, Recover weight to LF  
5&6 Step RF back and to R diagonal, Pop chest fwd, contract chest  
7&8 Step LF back and to L diagonal, Pop chest fwd, contract chest

## Counts 41-48

- &1-4 Step RF to R side, step LF to L side 'Slide & Glide' making a  $\frac{3}{4}$  turn over L shoulder finish facing 9.00  
&5 Angling to L diagonal, open and close knees  
&6 Angling to R diagonal, open and close knees  
7,8 Facing 9.00 body roll up on count 3 and pop body on count 4 (\*arm movements)

## Counts 49-56

- 1&2 Touch R heel fwd, Close RF beside LF, Touch LF fwd (\*arm movements)  
3 Hold  
&4 Step LF beside RF, Touch R heel fwd (\*arm movements)  
& Make  $\frac{1}{4}$  turn to L to face 6.00 putting weight onto RF  
5&6 Body Roll anti-clockwise (R-L) keeping legs still, finishing with weight on RF  
7&8 Step RF to R side, Step LF beside RF, Step RF fwd (\*arm movements)

## Counts 57-64

- &1 Turn head  $\frac{1}{4}$  Turn R, Turn head  $\frac{1}{4}$  Turn L  
&2&3 Arm Movements (See video)  
4  $\frac{1}{2}$  Turn over L shoulder (keeping feet in place) to face 12.00 (\*arm movements)  
5  $\frac{1}{2}$  turn over R shoulder to face 6.00 (\*arm movements)  
6 Jump straight up in air with feet together (\*arm movements)  
7,8 Step LF to L side, Touch RF beside LF (\*arm movements)

## Tag:

### Counts 1-8

- 1,2,3 Walk Fwd R,L,R  
4 Step LF to L side  
5-8 Shake body

### Counts 9-16

- 1&2 Twist body to R, Twist body to L, Make  $\frac{1}{2}$  turn R on RF (\*arm movements)  
3&4 Step LF to L side, Pop chest Fwd, Contract chest  
5& Bump heels x2 pushing hips back  
6& Bump heels x2 pushing hips fwd  
7& Bump heels x2 pushing hips back  
8 Push hips fwd

### Counts 17-32

Repeat Counts 1-16