

# 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 ¾ 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 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 ¾ 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 ¼ 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 ¼ Turn R, Turn head ¼ Turn L
- &2&3 Arm Movements (See video)
- 4 ½ Turn over L shoulder (keeping feet in place) to face 12.00 (\*arm movements)
- 5 ½ 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 ½ 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