

4 Minutes



DIVISION: Division 1 Allstars – Funky

Description: 64 count, 2 Wall Line dance, Funky, Non-Country
Choreographer: Rob Glover & Jenny Stephenson
Music: 4 Minutes by Madonna Ft Justin Timberlake
Count in: 16 Count Intro (on main vocals)
Note: There is a 32 count tag danced once on wall 3. Sequence is as follows:
Wall 1 – Vanilla, Wall 2- Vanilla, Tag – Vanilla,
Wall 3 – Variation, Wall 4 – Vanilla etc.
*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 movements) Making $\frac{3}{4}$ turn over L shoulder to face 3 o'clock,
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 (see video)
&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)

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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