

FourFiveSeconds

32 Count, 2 Wall, Intermediate, Smooth WCS

Choreographer: Andie Ghidiu (March 2015)

Choreographed to: FourFiveSeconds by Rihanna, Kanye West and Paul McCartney (or the workout crew remix: see note)

Sequence: *Tag, 32, 32, 32, 32, 32, 32,*Tag, 32,32

INTRO: 32 counts. The dance begins with the 16 count *tag (12:00).

Body of dance

1-8 Rock-step, ½ shuffle turn, rock-step, ¾ shuffle turn

1-2 Rock forward on L, recover R

3&4 Turn ¼ L and step side, close R next to L, turn ¼ L and step fwd (12:00)

5-6 Rock forward on R, recover L,

7-8 Triple R-L-R turning ¾ R (9:00)

9-16 Cross-point, cross-point, rocking chair, cross-point

1-2 Step L fwd crossing slightly over R, point R to R side

3-4 Step R fwd crossing slightly over L, point L to L side

5&6& Rock L fwd at a R diagonal, recover R, rock L back at same diagonal, recover R

7-8 Step L fwd at same diagonal, point R to R side straightening to face 9:00

17-24 Cross-side, heel pop, hold, ball-cross, ¼ turn step, hitch, ¼ turn step, hitch

&1&2 Cross R over L, step side L on L, Lift heels, lower heels

3&4 Hold, step slightly in on ball of R, cross L over R

5-6 Turn ¼ R stepping fwd on R, hitch L (12:00)

7-8 Turn ¼ R stepping side L, hitch R (or touch) (3:00)

25-32 Point, ¼ turn and close, point, ½ turn and hitch, wizard step, tap-ball-hitch

1-2 Point R to R side, turn ¼ R and close R next to L (6:00)

3-4 Point L to L side, turn ½ L and hitch L (weight remains on R) (12:00)

SLOW DOWN: Wall 5 and going into wall 6 (listen as vocals slow here but keep dancing.

5-6& Step L fwd at a L diagonal, step R slightly behind L, step L fwd at same diagonal

7&8 Tap R next to L, step R slightly to R side, hitch L * tag here after wall (6:00)

***16 count TAG (Begins the dance, and occurs again at the end of wall 6)**

1-8 Sway, sway, sway, touch, ¼ back, touch behind, pivot ½, pivot ¼, heel pop

1-2 Step L to L side and sway L, sway R

3&4 Sway L, touch R next to L, turn ¼ L and step back on R

5-6 Touch L behind R, pivot ½ L keeping weight R

7&8 Turn ¼ R shifting weight to L and face diagonally R, lift R heel up, lower heel

9-16 Sway, sway, cross-rock-side, behind, unwind, hitch, step

1-2 Sway R, sway L

3&4 Touch R to front L diagonal, recover L, step R to R side

5, 6-7 Cross L behind R, unwind full turn L over 2 counts

8& Lift R knee, step slightly fwd on R (begin dance with count 1 of first set)

Ending: dance ends on count 8 of last set. Replacement steps for 7&8 are as follows:

Tap, out-out

7&8 Tap R next to L, step R to R side, step L to L side

(Note: If you use the workout remix, the intro will be 64 counts and the tag will occur after walls 1 and 8)