

# Four Five Seconds

**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Kate Sala (UK) March 2015

**Music:** Four Five Seconds (Extended Workout Mix) - The Workout Crew. [4:06 mins]

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**Start after a 64 count intro. 33 seconds.**

**S1: Step Forward, Lock With Hitch, Step Back, Touch, Step Forward, Paddle Left x 2, Cross Step.**

- 1 2            Step forward on Rt. Lock step Lt behind Rt as you hitch Rt knee up.  
3 - 5           Step back on Rt. Touch Lt toe in front of Rt with Lt knee bent. Step forward on Lt.  
6 - 7           Turn 1/4 left touching Rt toe out to right side. Repeat 1/4 turn left, side touch right.  
6:00  
8                Cross step Rt over Lt.

**S2: Point Left & Long Step Right, Together, Modified Jazzbox, Step Right, Pivot 1/4 Turn Left.**

- 1 & 2           Point Lt out to left side. Step Lt next to Rt. Make a long step on Rt to right side.  
3 4             Step Lt next to Rt. Cross step Rt over Lt.  
5 & 6           Step back on Lt. Step Rt to right side. Cross step Lt over Rt.  
7 8             Step Rt to right side. Pivot 1/4 turn left. 3:00

**S3: Forward Rock, Recover, Full Turn Back, Step Back Bumping Hips Back x 2, Mambo Step.**

- 1 2             Rock forward on Rt. Recover on to Lt.  
3 4             Turn 1/2 right stepping forward on Rt. Turn 1/2 right stepping back on Lt.  
5 & 6           Small step back on ball of Rt bumping hips back. Lock step Lt in front of Rt. Step Rt back.  
7 & 8           Rock back on Lt. Recover on to Rt. Step forward on Lt.

**S4: Cross, Side & Heel Dig Across Ball Side Step, Touch Behind Pivot 1/2 Turn, Step 1/2 Turn.**

- 1 2             Cross step Rt over Lt. Step Lt to left side.  
3 & 4           Small step back on Rt. Dig Lt heel across Rt. Step down on ball of Lt. Step Rt to right side.  
5 - 8           Touch Lt toe back. Pivot 1/2 turn left. Step Rt forward. Pivot 1/2 turn left. (Weight on Lt).

**S5: Cross Rock, Recover, Sweep, Weave Left, Side Rock, Recover, Weave Right.**

- 1 2             Cross rock on Rt over Lt. Recover on to Lt sweeping Rt round to right side.  
3 & 4           Cross step Rt behind Lt. Step Lt to left side. Cross step Rt over Lt.  
5 6             Rock out to left side on Lt. Recover on to Rt.  
7 & 8           Cross step Lt behind Rt. Step Rt to right side. Cross step Lt over Rt.

**S6: Turn 1/2 Left, Cross Rock, Step Right, Cross, 1/4 Turn Left, 1/4 Turn Left into Left Chasse.**

- 1 2             Turn 1/4 left stepping back on Rt. Turn 1/4 left stepping Lt to left side.  
3 & 4           Cross rock on Rt over Lt. Recover onto Lt. Step Rt to right side.  
5 6             Cross step Lt over Rt. Turn 1/4 left stepping back on Rt.

7 & 8 Turn 1/4 left stepping Lt to left side. Step Rt next to Lt. Step Lt to left side.

**\*(Restart on walls 1 & 5)**

**S7: Cross, Back, Back x 2, Step Forward, Pivot 1/2 Turn Left, Pivot 1/2 Right, Step Pivot 1/2 Turn Left, Step.**

1 & 2 Cross step Rt over Lt. Small step back on Lt to left diagonal. Small step back on Rt to right diagonal.

3 & 4 Cross step Lt over Rt. Small step back on Rt to right diagonal. Small step back on Lt to left diagonal.

5 - 7 Step forward on Rt. Keeping balls of feet in place pivot 1/2 turn left, pivot 1/2 turn right.  
3:00

8 & 1 Step forward on Lt. Pivot 1/2 turn right. Step forward on Lt. 9:00

**S8: Pivot 1/2 Turn Left, Pivot 1/2 Right, Mambo step, Step Back x 2.**

2 - 4 Step forward on Rt. Keeping balls of feet in place pivot 1/2 turn left, pivot 1/2 turn right.

5 & 6 Rock forward on Lt. Recover on to Rt. Step back on Lt.

7 8 Walk back on Rt, Lt.

**\*Restarts: Restart the dance after 48 counts during wall 1 and wall 5.**