

JUST MAD



Musique

4 Minutes by Madonna featuring Justin Timberlake

[CD: CD Single / Available on iTunes]

Chorégraphe

Nancy A. MORGAN)

Type

Ligne - 4 murs – 32 temps

Niveau

Débutant - Intermédiaire

Start dancing on lyrics

RIGHT KNEE ROLL, LEFT KNEE ROLL, HEEL & HEEL & STOMP, CLAP

- 1-2 Roll right knee in toward left and out (to the right) so that your weight ends on your right
- 3-4 Roll left knee in toward right and out (to the left) so that your weight ends on your left
- 5&6 Touch right heel forward, step right next to left, touch left heel forward
- &7-8 Step left next to right, stomp right slightly forward, clap

SHUFFLE DIAGONALLY RIGHT, SKATE, SKATE, BACK, BACK, COASTER STEP

- 1&2 Shuffle diagonally to right - right, left, right
- 3-4 Skate forward left, right
- 5-6 Skate back left, right
- 7&8 Left coaster step - step left back, right back, left forward

WALK, WALK, STEP, $\frac{1}{4}$ TURN TOUCH, STEP, TOUCH, STEP, TOUCH

- 1-2 Walk forward right, left
- 3-4 Step right forward, pivoting $\frac{1}{4}$ turn to left, touch left toe out to left side
- 5-6 Swing your hips around the back and from right to left so that your weight shifts to the left foot and touch your right toe to the right side
- 7-8 Swing your hips around the back and from left to right so that your weight shifts to the right foot and touch your left toe to the left side

STEP, CROSS, BACK, FORWARD, CROSS, BACK, SIDE, KNEE POP, CLAP

- 1-2 Step on your left, cross right over left
- 3-4 Step left back, step right forward
- 5-6 Cross left over right, step right back
- 7&8 Step left to left side, lift both heels off of floor as you bend knees (similar to knee pops) & clap at same time

RECOMMENCEZ AU DEBUT, AMUSEZ VOUS, SOURIEZ !