

4 Minutes (Chair Dance)

Count: 32 Wall: 1 Level: Beginner

Choreographer: Laura Rittenhouse (AUS) – April 2022

Music: 4 Minutes by Madonna, Justin Timberlake, Timbaland

Start after 32 counts

(Arm movements in brackets below each 4 steps)

S1: POINT R FOOT TO R, RETURN, REPEAT TO L; R & L HEEL DIGS

1,2,3,4 Point R foot to R, Return beside L foot, Point L foot to L, Return beside R foot

(1,2,3,4 R arm to R with palm flexed (forming “stop” with hand), R arm on lap, L arm to L with palm flexed, L arm on lap)

5,6,7,8 Push R heel fwd, Return beside L foot, Push L heel fwd, Return beside R foot

(5,6,7,8 R arm pushed fwd with palm flexed, R arm on lap, L arm pushed fwd with palm flexed, L arm on lap)

S2: SWIVEL R HEEL R/CENTRE, SWIVEL L HEEL L/CENTRE; 2 HEELS SPLITS

1,2,3,4 Swivel R heel R, Swivel R heel to centre, Swivel L heel L, Swivel L heel to centre

(1,2,3,4 Resting L hand on L thigh and holding R hand in front of torso palm facing forward: Swing R hand R, Swing R hand to centre & drop to thigh, Swing L hand L, Swing L hand to centre & drop to thigh)

5,6,7,8 Swivel both heels out, Return heels to centre, Swivel both heels out, Return heels to centre

(5,6,7,8 Holding arms with forearms parallel raised in front of torso & hands forming fists: Cross fists and move elbow out, uncross fists putting elbows close, cross fists, uncross. This creates a scissor effect with elbows going out as heels go out)

S3: CROSS R FOOT OVER L, RETURN TO CENTRE, CROSS L FOOT OVER R, RETURN TO CENTRE; REPEAT R&L

1,2,3,4 Touch R foot in front of L, Return R foot beside L, Touch L foot in front of R, Return L foot beside R

(1,2,3,4 Punch R fist fwd across torso (following your foot), Draw R fist back, Punch L fist

fwd across torso (following your foot), Draw L fist back)

5,6,7,8 Touch R foot in front of L, Return R foot beside L, Touch L foot in front of R, Return L foot beside R

(5,6,7,8 Punch R fist fwd across torso (following your foot), Draw R fist back, Punch L fist fwd across torso (following your foot), Draw L fist back)

S4: DIAGONAL STEPS FWD RIGHT AND LEFT

1,2,3,4 Step R fwd on R diagonal, Touch L beside R, Step L back on L diagonal, Step R beside L

(1,2,3,4 Raise hands up and to R, Clap, Lower hands to centre of torso, Clap)

5,6,7,8 Step L fwd on L diagonal, Touch R beside L, Step R back on R diagonal, Step L beside R

(5,6,7,8 Raise hands up and to L, Clap, Lower hands to centre of torso, Clap)

Choreographer's note:

This and all my seated line dances are designed to allow people with limited mobility – whether temporary or permanent – to dance. They can be done while seated using your legs, arms or your legs & arms. Alternatively, the dances can be done while standing and holding the back of a chair, a walker or a cane. Of course, it's also possible to do these dances as normal line dances without turning – though turning options are easy to create. The objective of my seated line dances is to provide options for everyone, no matter their physical ability, to be able to move to music in a set pattern, exercising both body and brain while doing a fun activity. Feel free to adapt any “steps” to suit you and just keep moving and have fun.

All of my seated line dances can be found on the “Seated Line Dances” playlist on my YouTube Channel here:

https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v