
30 Rock - 30 Rock, Season 4

- 1) **An NBC Sneak Peek: 30 Rock** [30R_04_EPISODE0] 3:53
30 Rock Season 4 (2009)
Get a behind the scenes look at the brand new season of 30 Rock. Coming off its 3rd consecutive Emmy win for Best Comedy, Liz and the rest of the TGS crew are back for another season filled with laughs and special guests.

- 2) **Season Four** [CHJ01] 21:19
30 Rock Season 4 (2009)
Jack (Alec Baldwin) informs Liz (Tina Fey), Tracy (Tracy Morgan) and Jenna (Jane Krakowski) that "TGS" needs to make immediate adjustments to become more relatable. In an effort to do their part, Jenna (Jane Krakowski) decides to makeover her image, while Tracy (Tracy Morgan) attempts to regain touch with the common man. In the meantime, Jack sends Liz (Tina Fey) and Pete (Scott Adsit) on a mission to scout new "TGS" talent while Kenneth (Jack McBrayer) leads a Page strike. Judah Friedlander and Keith Powell also star.

- 3) **Into the Crevasse** [CHJ02] 21:29
30 Rock Season 4 (2009)
When Devin (guest star Will Arnett) returns to plot revenge against Jack (Alec Baldwin), he needs to find a way to protect the company and his jobs safety. Meanwhile, Tracy (Tracy Morgan) and Jenna (Jane Krakowski) both have reason to be angry with Liz (Tina Fey) and are determined to make her life miserable. Liz has to find a way to regain order over her life and the show. Outside of the studio, Kenneth (Jack McBrayer) devotes some of his spare time to volunteering at an animal shelter. Judah Friedlander and Keith Powell also star.

- 4) **Stone Mountain** [CHJ03] 21:19
30 Rock Season 4 (2009)
Liz (Tina Fey) and Jack (Alec Baldwin) venture down south to Kenneth's (Jack McBrayer) hometown to discover new talent. Jenna (Jane Krakowski) tries to make friends with the writers to solidify her place at "TGS" before the new cast member is hired. Meanwhile, Tracy (Tracy Morgan) fears for his life when two celebrities die and he believes hes the next to bite the dust. Scott Adsit, Judah Friedlander and Keith Powell also star.

- 5) **Audition Day** [CHJ04] 21:18
30 Rock Season 4 (2009)
While Liz (Tina Fey) and Pete (Scott Adsit) try to rig the audition process, Tracy (Tracy Morgan) and Jenna (Jane Krakowski) decide its in their best interest to conduct their own search for a new "TGS" actor. Amidst the audition chaos, Jack (Alec Baldwin) faces a more personal issue. Jack McBrayer, Judah Friedlander and Keith Powell also star.

- 6) **The Problem Solvers** [CHJ05] 21:22
30 Rock Season 4 (2009)
The new actor starts work at "TGS," and after observing how low maintenance he is, Tracy (Tracy Morgan) and Jenna (Jane Krakowski) begin to rethink how they treat Kenneth (Jack McBrayer). Meanwhile, Jack (Alec Baldwin) offers Liz (Tina Fey) her own talk show, but Jenna convinces her to explore all of her options first. Scott Adsit, Judah Friedlander and Keith Powell also star.

- 7) **Sun Tea** [CHJ06] 21:20
30 Rock Season 4 (2009)
When Liza (Tina Fey) apartment building is converted to condos she has to make a drastic change to her living arrangements. Meanwhile, Jack (Alec Baldwin) and Tracy (Tracy Mor-

gan) reevaluate their plans for parenthood and Kenneth (Jack McBrayer) is on a mission to make "TGS" greener during NBC's annual "Green Week." Jane Krakowski, Judah Friedlander and Keith Powell also star.

- 8) **Dealbreakers Talk Show #0001** [CHJ07] 21:18
30 Rock Season 4 (2009)
The tables are turned when production begins on Liz's (Tina Fey) new talk show, "Dealbreakers," and she experiences what it's like to walk a mile in Jenna's (Jane Krakowski) shoes. Jack (Alec Baldwin), dealing with pressure from Devin (guest star Will Arnett), calculates to make "Dealbreakers" a success. Meanwhile, Tracy (Tracy Morgan) takes on the ultimate Hollywood challenge in order to prove his commitment to his wife (guest star Sherri Shepherd). Everyone pitches in to help Tracy reach his goal, including Kenneth (Jack McBrayer), Dotcom (Kevin Brown) and Grizz (Grizz Chapman). Judah Friedlander, Keith Powell and Scott Adsit also star.

- 9) **Secret Santa** [CHJ08] 22:09
30 Rock Season 4 (2009)
Jack's (Alec Baldwin) interest in a new social networking site unexpectedly reconnects him with a high school crush (guest star Julianne Moore). Kenneth (Jack McBrayer) tries to organize a Secret Santa Fun Swap, but not without resistance from some of the staff members. Meanwhile, Liz (Tina Fey) battles the task of buying a gift that's good enough for Jack, and Jenna (Jane Krakowski) is horrified at the prospect of sharing her annual Christmas solo. Tracy Morgan, Scott Adsit, Judah Friedlander and Keith Powell also star.

- 10) **Klaus and Greta** [CHJ09] 21:17
30 Rock Season 4 (2010)
After a wild New Year's Eve, Jack tries to undo the damage he caused from leaving a drunken message on an ex-lovers voicemail. In the meantime, Jenna (Jane Krakowski) pursues a faux relationship with actor James Franco (guest starring) in an attempt to cover up his embarrassing secret. After "outing" her sheltered cousin to his family, Liz (Tina Fey) welcomes him to New York City, while Tracy (Tracy Morgan) discovers a newfound respect for women. Jack McBrayer, Kevin Brown, Grizz Chapman, Judah Friedlander, Keith Powell and Scott Adsit also star.

- 11) **Black Light Attack!** [CHJ10] 21:19
30 Rock Season 4 (2010)
When Liz (Tina Fey) and Danny (Cheyenne Jackson) further their relationship, Jack (Alec Baldwin) becomes jealous and plans to break them apart. Meanwhile, Tracy (Tracy Morgan) recruits Sue (Sue Galloway) into his entourage, and Jenna (Jane Krakowski) auditions for a role on "Gossip Girl." Also starring: Jack McBrayer (Kenneth), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), and Grizz Chapman (Grizz).

- 12) **Winter Madness** [CHJ11] 21:19
30 Rock Season 4 (2010)
When Liz Lemon (Tina Fey) decides to take the TGS show on the road to cure a case of the winter blues for the staff, the anticipated trip doesn't exactly go as planned. Jack Donaghy (Alec Baldwin) chooses the destination and travels with the show for his own interest, and while away from New York, the TGS crew blames Liz (Tina Fey) for all of their misfortunes. Also starring: Tracy Morgan (Tracy), Jane Krakowski (Jenna), Jack McBrayer (Kenneth), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz), Sue Galloway (Sue).

- 13) **Verna** [CHJ12] 21:20
30 Rock Season 4 (2010)
Liz Lemon (Tina Fey) takes Frank (Judah Friedlander) in as a roommate, and is pleasantly surprised when the two make a pact to help each other kick their bad habits. Meanwhile,

Jenna Maroney (Jane Krakowski) turns to Jack Donaghy (Alec Baldwin) for help with her mother, Verna (Jan Hooks), who has come to visit. Also starring: Tracy Morgan (Tracy), Jack McBrayer (Kenneth), Scott Adsit (Pete), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz), Sue Galloway (Sue).

- 14) **Anna Howard Shaw Day** [CHJ13] 21:20
30 Rock Season 4 (2010)
To avoid feeling lonely on Valentine's Day, Liz Lemon (Tina Fey) schedules a root canal but soon realizes she hasn't thought it through. Meanwhile, Jack Donaghy (Alec Baldwin) woos an attractive and successful CNBC host, Avery Jessup (guest star Elizabeth Banks), and Jenna Maroney (Jane Krakowski) is disappointed when her creepy stalker loses interest. Also starring: Tracy Morgan (Tracy), Jack McBrayer (Kenneth), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz).
- 15) **Future Husband** [CHJ14] 21:17
30 Rock Season 4 (2010)
Jack's (Alec Baldwin) dreams come crashing down when Avery (guest star Elizabeth Banks) informs him that a cable company is rumored to buy out NBC. Meanwhile Liz (Tina Fey) tracks down the man of her dreams whom she met in her dentist's waiting room, while Jenna (Jane Krakowski) reluctantly assists Tracy (Tracy Morgan) in pursuing a Tony Award. Also starring: Jack McBrayer (Kenneth), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz).
- 16) **Don Geiss, America, and Hope** [CHJ15] 21:43
30 Rock Season 4 (2010)
Liz Lemon (Tina Fey) questions her fate when she keeps running into Wesley (Guest Star Michael Sheen). Meanwhile, Tracy Jordan (Tracy Morgan) is distressed about his reputation when his kids' former nanny writes a tell-all book, and Jack Donaghy (Alec Baldwin) seeks to secure his own position in the new company. Also starring: Jack McBrayer (Kenneth), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz).
- 17) **Floyd** [CHJ16] 21:18
30 Rock Season 4 (2010)
Liz reevaluates her feelings for an old flame, Floyd (Guest Star Jason Sudeikis), when he returns with big news, and Jack Donaghy (Alec Baldwin) teaches Danny Baker (Guest Star Cheyenne Jackson) the finer points of pranks after the TGS writers play a trick on him. Jenna Maroney (Jane Krakowski) and Tracy Jordan (Tracy Morgan) see Kenneth Parcell (Jack McBrayer) in a disturbing new light after they spend a very long day listening to him tell stories about his childhood. Also starring: Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz).
- 18) **Lee Marvin vs. Derek Jeter** [CHJ17] 21:14
30 Rock Season 4 (2010)
Liz Lemon (Tina Fey) starts making an effort to date by attending singles events with Jenna Maroney (Jane Krakowski), and Jack Donaghy (Alec Baldwin) feels forced to choose between childhood love, Nancy Donovan (Julianne Moore), and news anchor Avery Jessup (Elizabeth Banks). Meanwhile, a racist comment sparks an office-wide debate on affirmative action and leaves Toofer (Keith Powell) with a big decision to make regarding his future at TGS. Also starring: Jack McBrayer (Kenneth), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Kevin Brown (Dotcom), Grizz Chapman (Grizz).
- 19) **Khonani** [CHJ18] 21:20
30 Rock Season 4 (2010)

Liz (Tina Fey) discovers that the TGS staff has been excluding her from their weekly hang-outs, and strives to prove that she can be fun. Jack must choose between janitors and the shift time they both want, and Kenneth (Jack McBrayer) aids Tracy Jordan (Tracy Morgan) in being a good husband. Also starring: Jane Krakowski (Jenna), Scott Adsit (Pete), Judah Friedlander (Frank), Keith Powell (Toofer), John Lutz (Lutz), Katrina Bowden (Cerie), Maulik Pancholy (Jonathan).

- 20) **Argus** [CHJ19] 21:19
30 Rock Season 4 (2010)
Wedding fever hits TGS, leaving Liz (Tina Fey) to sort out Grizzs (Grizz Chapman) dilemma when both Tracy (Tracy Morgan) and Dot Com (Kevin Brown) want to be his best man. Jennas (Jane Krakowski) new boyfriend, Paul (guest star Will Forte), raises Liz and Petes (Scott Adsit) suspicions, while Jack (Alec Baldwin) is finally forced to deal with the death of his mentor, Don Geiss, when Geiss leaves him a strange but meaningful inheritance. Also starring: Jack McBrayer (Kenneth), John Lutz (Lutz), Marceline Hugot (Kathy Geiss).
- 21) **The Moms** [CHJ20] 21:20
30 Rock Season 4 (2010)
Liz Lemon (Tina Fey) meets her mothers (Guest Star Anita Gillette) old flame, while Jack Donaghy's (Alec Baldwin) mother, Colleen (Guest Star Elaine Stritch), gets tangled in his relationships with Avery Jessup (Guest Star Elizabeth Banks) and high school love, Nancy Donovan. Jennas (Jane Krakowski) mother, Verna (Guest Star Jan Hooks) returns, while Tracy learns a lesson from his "mom" (Guest Star Novella Nelson). Also starring: Jack McBrayer (Kenneth), Judah Friedlander (Frank), Scott Adsit (Pete), and John Lutz (Lutz).
- 22) **Emmanuelle Goes to Dinosaur Land** [CHJ21] 21:19
30 Rock Season 4 (2010)
Jack (Alec Baldwin) becomes even more entangled in his love triangle between Avery Jessup (Elizabeth Banks) and Nancy Donovan (Julianne Moore), and he turns for advice to Liz (Tina Fey), who is focusing on her own romantic problems. When Liz can't find a date to Floyds (guest star Jason Sudeikis) wedding, she revisits her old boyfriends in hope that a spark will reignite. Meanwhile, Tracy (Tracy Morgan) continues his journey to earn his EGOT. Also starring: Jane Krakowski (Jenna), Jack McBrayer (Kenneth), Judah Friedlander (Frank), Scott Adsit (Pete), John Lutz (Lutz), Kevin Brown (DotCom), Grizz Chapman (Grizz), and Keith Powell (Toofer).
- 23) **I Do Do** [CHJ22] 22:19
30 Rock Season 4 (2010)
Liz (Tina Fey) questions fate when she meets the man of her dreams, while Jack's (Alec Baldwin) love triangle between high school love, Nancy Donovan (guest star Julianne Moore), and CNBC anchor, Avery Jessup (guest star Elizabeth Banks), comes to a head. Meanwhile, Jenna's (Jane Krakowski) boyfriend is confronted with a similar dilemma when his desire for another woman threatens to ruin their relationship, and Kenneth (Jack McBrayer), with the help of Tracy (Tracy Morgan), tries to avoid a promotion that would land him in LA. Also starring: Judah Friedlander (Frank), Scott Adsit (Pete), John Lutz (Lutz), Kevin Brown (DotCom), and Keith Powell (Toofer).