

4 My People

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Adam Reilly

Musique: 4 My People - Missy Elliot



STEP HALF TURN LEFT COASTER STEP, TWICE

- 1-2 Step right forward, half turn over left shoulder left kick
- 3&4 Step back on left, step right next to left, step left forward
- 5-6 Step right forward, half turn over left shoulder, left kick
- 7&8 Step back on left, step right next to left, step left forward

RIGHT SHUFFLE STEP HALF TURN LEFT SHUFFLE STEP HALF TURN

- 9&10 Step right forward, bring left next to right & step right forward
- 11-12 Step left forward, half turn over right shoulder
- 13&14 Step left forward, bring right next to left & step left forward
- 15-16 Step right forward, half turn over left shoulder

LEFT & RIGHT HEEL SWITCHES STEP SIDE AND TOUCH, TWICE

- 18&19 Step right heel forward & switch on to left heel
- 20-21 Step right to right side, & touch left next to right
- 22-24 Repeat again but starting with left foot

STEP TOUCH TWICE, RIGHT COASTER STEP, HALF TURN & TOUCH

- 25-26 Step right diagonally forward, touch left next to right
- 27-28 Step left diagonally back, touch right next to left
- 29-30 Step back on right, step left next to right, step left forward
- 31-32 Step left forward, half turn over right shoulder & touch right next to left

REPEAT
