

# X-It Out!!!

COPPERKNOB  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: M.T. Groove (UK) - October 2007  
音乐: 4 My People (feat. Eve) - Missy Elliott



Start on Main vocals – 64 count intro from main beat.

Start with feet apart

**KNEE POPS, HOLD, JUMP FEET TOGETHER, PRISSY WALKS L,R, CROSS L OVER R, LOOK L.**

1-2                      Pop R knee in, Pop L knee in.  
3-4                      Hold, Jump feet together, (weight on R).  
5-6                      Prissy walks forward L,R.  
7-8                      Cross L over R, Look L

**MAKE ½ REVERSE HINGE TURN, STEP SIDE, HOLD & SIDE, TOE HEEL, TOE HEEL HITCH.**

1-2                      Unwind ½ turn R as your hitch up your R knee (hinge turn), Step R to R side.  
3&4                      Hold, Step L next to R, Step R to R side  
5-6                      R foot travels toward L foot as you.....Swivel toes on R foot in, Swivel heel of R foot in.  
7&8                      Swivel toes of R foot in, Swivel heel of R foot in and take the weight, Hitch L knee

**CROSS ¼ TURN, FUNKY SCUFF WALKS BACK, ¼ STEP SIDE CROSS, ¼ TURN WALK L,R.**

1-2                      Cross L over R, Make ¼ turn L stepping back on R.  
3-4                      Walk back L as you scuff R heel forward, Walk back R as you scuff L heel forward.  
5-6                      Make ¼ turn L stepping L to L side, Cross R over L.  
7-8                      Make ¼ turn L step forward L, Step R next to L (feet together facing 9-00).

**HEEL PIVOT ½ TURN, RUN R,L,R, HEEL CROSS SIDE, HEEL CROSS ¼ TURN.**

1-2                      Raise toes off floor and pivot on both heels ½ turn L, Put toes down – weight on L.  
3&4                      Run forward R,L,R.  
5-6                      (With hands on knees, upper body bent forward), Step L heel across R, Step R to R side.  
7-8                      (hands still on knees) Step L heel across R, Make a ¼ turn L step back on R. (12-00)

**Note on counts 5 and 7 you'll be taking the weight on L heel, like a funky heel grind.....**

**L COASTER STEP, STEP R,L FUNKY HEEL WALKS,**

1&2                      L Coaster Step,  
3-4                      Step R foot (over the wall), Step L foot next to R, Weight on L.  
&5&6                      Touch R heel forward with toes to the L(&), Move Toes to R(5), Move toes to L(&) Step down on R(6).  
&7&8                      Repeat above L heel leads.....Toes go to the R first..... weight ends on L.

**Note: for counts &5&6&7&8 you are travelling forward and upper body twists in the opposite direction to your toes.**

**HIP ROLL, DOUBLE HIP ROLL ¼ TURN, PRESS RECOVER, SIDE, POP/LOOK.**

1-2                      Step forward on R foot as you roll the hips a full circle anti-clockwise. (12-00)  
&3&4                      Pivot a ¼ turn L rolling the hips x2 full circles anti-clockwise. (weight now on L). (9-00)  
5-6                      Press/lean forward onto R foot, Recover back on your L as you hitch up your R.  
7-8                      Make a ¼ turn R stepping R to R side, Pop in your R knee (keep L leg straight) Look L. (weight on R). (12-00)

**RECOVER/LEG RAISE,WALK BACK R,L,HOLD BALL STEP STEP, SHOULDER GRAB, PIVOT ¼ TURN.**

1-2                      Recover weight onto L as you raise R leg off the floor (1), Walk back on R (2).  
3-4                      Walk back on L, Hold.  
&5-6                      Step R next to L, Step forward on L, Step R next to L (feet together).

7-8 Grab R shoulder with L hand, Pivot a  $\frac{1}{4}$  turn L (your hand pulls you round).

**CROSS BACK CROSS, OUT OUT, CROSS BACK CROSS, OUT OUT.**

**Note this section completes a  $\frac{1}{2}$  turn to your L.**

1-2-3 Cross R over L, Step back on L, Cross R over L.

&4 Make a  $\frac{1}{4}$  turn L step feet out(L) out(R), (weight ends on R). (6-00)

5-6-7 Cross L over R, Step back on R, Cross L over R.

&8 Make a  $\frac{1}{4}$  turn L step feet out (R) out(L) (3-00)

**Start Over and Get Jiggy Wid it!!!!**

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