

4 My People

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Martin Simon (UK)
音樂: 4 My People - Missy Elliot



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- 1&2 Step back right, step left beside right, step forward right
3-4 Sweep left foot round in front of right, sweep right foot round in front of left
5&6 Step left foot forward, step right foot beside, step left foot forward
7-8 Scuff right foot and swivel $\frac{1}{2}$ turn over left shoulder on left foot, step right foot beside left
- 1-2 Step left toe back, point right beside left
3-4 Step right foot forward, flick left foot behind right while swiveling right foot $\frac{1}{4}$ right
5-6 Skate left foot forward, skate right foot forward
7&8 Step left foot forward, step right foot beside left, step left foot forward
- 1-2 Touch right toe to right side, $\frac{3}{4}$ to right
3&4 Rock left to right side, rock onto right, cross step left over right step right foot to right side
6-8 Body roll forward (or roll hips round)
- 1&2 Step right foot back, step left foot back, hip bump to right
3-4 Hip bump to left, hip bump to right
5&6 Transfer weight to left foot, point right foot beside left, make a $\frac{1}{4}$ turn left by flicking right foot behind and swiveling $\frac{1}{4}$ turn on left foot
7 Step right foot forward
8 Clap hands

REPEAT
