

X-it Out!!!

Choreographed by M.T.Groove (UK) October 2007.
Choreographed to '4 My People' by Missy Elliott Featuring Eve
64 Count 4 wall intermediate dance
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

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

- 1-2 Unwind ½ turn R as you 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 ¼ turn L (your hand pulls you round).

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

Note this section completes a ½ turn to your L.

- 1-2-3 Cross R over L, Step back on L, Cross R over L.
&4 Make a ¼ 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 ¼ turn L step feet out (R) out(L) (3-00)

Start Over and Get Jiggy Wid it!!!!