

## 4 My People

32 count, 4 wall, intermediate level  
Choreographer: Martin Simon (Scotland)  
May 2002

Choreographed to: 4 My People by Missy Elliot,  
So Addictive CD

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### Section 1

- 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

### Section 2

- 1 – 2 Step Left toe back. Point Right beside left
- 3 – 4 Step right foot forward. Flick Left foot behind right while swivelling 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

### Section 3

- 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)

### Section 4

- 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 swivelling  $\frac{1}{4}$  turn on left foot
  - 7 Step right foot forward
  - 8 Clap hands
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