Solve the equation $4x^2 + 8x - 21 = 0$ by completing the square.

\[ x^2 + 2x = \frac{21}{4} \]

\[ x^2 + 2x + 1 = \frac{21}{4} + \frac{4}{4} \]

\[ (x+1)^2 = \frac{25}{4} \]

\[ x+1 = \pm \frac{5}{2} \]

\[ x = \frac{5}{2} - 1 \quad \text{OR} \quad x = -\frac{5}{2} - 1 \]

\[ x = \frac{3}{2} \quad \text{OR} \quad x = -\frac{7}{2} \]