

I Am The Best

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: John Ng (SG) - December 2013

Musique: I Am the Best (내가 제일 잘나가) - 2NE1



Intro: 80 counts from start of track (start dance after the words: "Oh My God")

FORWARD ROCK, R COASTER, PIVOT ½ R, STEP, SCUFF

- 1-2 Rock forward on right, recover onto left
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Step forward on left, scuff right

FORWARD, SLIDE, BODY ROLL (DOWN TO UP), BACK, SLIDE, BODY ROLL (DOWN TO UP)

- 1-2 Step forward on right, slide left towards right foot and beside right
- 3-4 Bending knees and body roll up over 2 counts
- 5-6 Step back on right, slide left towards right foot and beside right
- 7-8 Bending knees and body roll up over 2 counts

R CHASSE, BACK ROCK, ¼ R, ¼ R, CROSS SHUFFLE

- 1&2 Step right to right, step left beside right, step right to right
- 3-4 Rock left behind right, recover onto right
- 5-6 ¼ turn right step back on left, ¼ turn right step right to right
- 7&8 Cross left over right, step right to right, cross left over right

SIDE, SLIDE, HIP ROLL, SIDE, SLIDE, HIP ROLL

- 1-2 Step right to right, drag left toe towards right
- 3-4 Roll hips anti-clockwise over 2 counts
- 5-6 Step left to left, drag right toe towards left
- 7-8 Roll hips clockwise over 2 counts

OUT-OUT, R CHASSE, OUT-OUT, L CHASSE

- 1-2 Step right to right, step left to left
- 3&4 Step right to right, step left beside right, step right to right
- 5-6 Step left to left, step right to right
- 7&8 Step left to left, step right beside left, step left to left

CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE, CROSS ROCK, SIDE ROCK, CROSS ROCK, ¼ L

- 1&2& Rock right over left, recover onto left, rock right to right, recover onto left
- 3&4 Rock right over left, recover onto left, step right to right
- 5&6& Rock left over right, recover onto right, rock left to left, recover onto right
- 7&8 Rock left over right, recover onto right, ¼ turn left step forward on left

R FORWARD SHUFFLE, L FORWARD SHUFFLE, R KICK & POINT, L KICK & POINT

- 1&2 Step forward on right, lock left behind right, step forward on right
- 3&4 Step forward on left, lock right behind left, step forward on left
- 5&6 Kick right foot forward, step right beside left, point left toe to left
- 7&8 Kick left foot forward, step left beside right, point right toe to right

CROSS, SIDE, BEHIND, ¼ R, STEP, FORWARD ROCK, L COASTER

- 1-2 Cross right over left, step left to left
- 3&4 Step right behind left, ¼ turn left step forward on left, step forward on right

5-6 Rock forward on left, recover onto right
7&8 Step back on left, step right beside left, step forward on left

REPEAT

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