

# Naega Jeil Jal Naga

COPPER KNOB  
STEPPERS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Aiden Fryer (UK) - December 2014  
音乐: I Am the Best (내가 제일 잘나가) - 2NE1



## Side Behind Side Cross Side Rock Back Recover Kick Ball Cross

1            Step Right To Right Side  
2&3-4      Left Foot Behind Right , Right To Right Side ,Cross Left Over Right, Step Right To Right Side  
5-6        Rock Left Foot Behind Right ,Recover On Right  
7&8        Kick Left Foot Step Down On Left Cross Right Over Right

## Side Behind Side Cross Side Rock Back Recover Shuffle ½

1            Step Left To Left Side  
2&3-4      Step Right Behind Left , Step Left To Left Side , Cross Right Over Left, Step Left To Left Side  
5-6        Rock Right Behind Left ,Recover On Left  
7&8        Shuffle ½ Turn Over Left Shoulder Stepping Right Together On Left, Back On Right

## Rock Back Recover Shuffle ½ Rock Back Recover Shuffle ½ Rock Back, Recover Full Turn Forward Rock Forward Back Right Coaster Step Rocking Chair On Left Recover On Right

1-2        Rock Back On Left Foot, Recover On Right  
3&4        ½ Turn Over Right Shoulder Stepping Back Left Together On Right Step Back On Left  
5-6        Rock Back On Right Recover On Left  
7-8        Full Turn ½ Over Left Step Back On Right ½ Over Left Step Forward On Right Foot  
(Alternative Walk Left, Walk Right)

## Rock Forward, Recover, Right Coaster Step, Rock Forward, Recover, Rock Back, Recover

1-2        Rock Forward On Right ,Recover On Left  
3&4        Right Coaster Step , Stepping Back On Right, Left In Place, Forward On Right  
5-6-7-8    Rock Forward On Left , Recover On Right , Rock Back Left , Recover On Right

## Side Together Left Shuffle Right Side Together Right Shuffle

1-2        Step Left To Left Side, Step Right Next To Left  
3&4        Forward Shuffle On Left , Step Left Forward, Right Next Left, Step Forward On Left  
5-6        Step Right To Right Side , Left Next To Right  
7&8        Right Shuffle Forward, Step Right Forward, Left Towards Right, Right Foot Forward

## Rock Forward Shuffle ½ Full Turn Step ¼ Left

1-2        Rock Forward On Left, Recover On Right  
3&4        Shuffle ½ Left, Stepping Left Forward, Right Towards Left, Forward On Left  
5-6        ½ Over Left, Step Back On Right Foot, ½ Over Left Step Forward On Left  
7-8        Step Forward On Right Foot, ¼ Left, Step Left To Left Side

## In Front Side Behind Side Cross Side Rock Recover Behind Side Cross

1-2        Cross Right Foot Over Left, Left To Left Side ,  
3&4        Right Foot Behind Left , Left To Left Side , Cross Right Over Left  
5-6        Rock Left Foot To Left Side , Recover Onto Right Foot  
7&8        Left Foot Behind Right , Step Right To Right Side , Cross Left Over Right

## Side Rock Recover Sailor ¼ Step ¼ Cross Shuffle

1-2        Rock Right Out To Right Side, Recover On Left  
3&4        Sailor ¼ Right Making ¼ Right, Step Right In Place, Step Left Next To Right, Step Forward On Right  
5-6        Step Forward On Left Make ¼ Right Step Right To Right Side

7&8

Cross Shuffle Stepping Left Over Right. Right To Right Side, Cross Left Over Right.

Hope You Enjoy The Dance

Contact: [www.aidenfryerdance.moonfruit.com](http://www.aidenfryerdance.moonfruit.com)- Aiden Fryer Dance Choreography

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