

Naega Jeil Jal Naga

COPPERKNOB
STEPSHEETS

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- Aiden Fryer Dance Choreography
