

I Am The Best

拍數: 96 牆數: 2 級數: Phrased Improver
編舞者: Tan Candy (SG) - September 2011
音樂: I Am the Best (내가 제일 잘나가) - 2NE1 : (3:29)



Start after 16 counts - Sequence: A B A B A B Ending

A (64 counts)

Section A1: Cross Hold x2, Out Out In In

1,2,3,4 Cross R over L, hold, cross L over R, hold
5,6,7,8 Step R to R diagonal, step L to L diagonal, step R back, step L beside R

Section A2: Cross Hold x2, Walk x4 Making Full Turn

1,2,3,4 Cross R over L, hold, cross L over R, hold
5,6,7,8 Walk RLRL making full turn R

Section A3: Side, Shoulder Pop Hold x2, Shoulder Pop x3, Hold

1,2,3,4 Step R to R side and pop shoulder R, hold, pop shoulder L, hold
5,6,7,8 Pop shoulder RLR, hold

Section A4: Cross Hold x2, Walk Back x3, Hold (Or Hitch)

1,2,3,4 Cross L over R, hold, cross R over L, hold
5,6,7,8 Walk back LRL, hold (option: hitch R leg)

Section A5: Tap x4 With Hip Bumps, Touch Hitch x2 Making ½ Turn, Side Rock (6)

1,2,3,4 Tap R foot forward four times with hip bumps
5&6& Touch R to R side starting ½ turn L, hitch R leg, touch R to R side, hitch R leg finishing ½ turn L (6)
7-8 Rock R to R side, recover weight on L

Section A6: Repeat Section 5 (12)

Section A7: Rocking Chair, Forward Rock x2

1,2,3,4 Rock forward on R, recover weight on L, rock back on R, recover weight on L
5,6,7,8 Rock forward on R, recover weight on L, repeat count 5-6

Section A8: Reverse Rocking Chair, Side Mambo Touch, Hold

1,2,3,4 Rock back on R, recover weight on L, rock forward on R, recover weight on L
5,6,7,8 Rock R to R side, recover weight on L, touch R beside L, hold

B (32 counts x2): You are dancing a 32-count 2-wall dance two times to make one complete revolution.

Section B1: Forward Rock, Together, Diagonal Touch, Hip Rolls x2

1,2&3,4 Rock forward on R, recover weight on L, step R beside L, step L to L diagonal, touch R beside L (10:30)
5,6,7,8 Roll hips clockwise over 2 counts twice

Section B2: Side, Sailor 3/8 Turn, Step, Pivot ½ Turn, Side, Sway x3

1,2&3 Step R to R side, step L behind R, step R beside L making 3/8 turn L (6), step L forward
4,5,6,7,8 Step R forward, pivot ½ turn L taking weight on L (12), step R to R side and sway hips RLR

Section B3: Side, Behind Side Cross, Hitch, Back, Rolling Vine

1,2&3,4,5 Step L to L side, step R behind L, step L to L side, cross R over L (10:30), hitch L leg, step L back

6,7,8 Step R fwd making $\frac{3}{8}$ turn R (3), step L back making $\frac{1}{2}$ turn R (9), step R to R side making $\frac{1}{4}$ turn R (12)

Section B4: Forward Rock, Together, Forward Rock, $\frac{1}{2}$ Turn, Walk x2, Knee Pop x2

1,2&3,4 Rock forward on L, recover weight on R, step L beside R, rock forward on R, recover weight on L

5,6,7,8 Make $\frac{1}{2}$ turn R (6) and walk RL, step R beside L and pop knee LR

Ending (40 counts):

Count 1 to 8 (Section 1) of A + Count 33 to 64 (Section 5 to 8) of A

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