

I Am The Best

拍數: 64 牆數: 2 級數: Intermediate
編舞者: John Ng (SG) - December 2013
音樂: 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

Contact: john_nkt@yahoo.com
