

# Here It Is

拍數: 64      牆數: 0      級數: Phrased Advanced  
編舞者: Fred Whitehouse (IRE) - September 2015  
音樂: Here It Is (feat. Chris Brown) - Flo Rida



**Intro – 64 counts or 31 seconds from start of track**

**Sequence – A,A, B,B, A,A, B,A, B,B**

**A pattern – 32 counts**

**A1: Kick & touch x2, rock, kick, coaster step**

1&2      Kick RF forward, place RF next to L, touch LF to L  
3&4      Kick LF forward, place LF next to R, touch RF to R  
5,6      Rock RF forward, recover onto LF kicking RF  
7&8      Step RF back, close LF next to R, step RF forward

**A2: Stomp roll, twist, chest pop, walk R,L, out, out, in, cross**

1,2      Stomp LF forward rolling body from head back placing weight on R  
&3&4      Twist L heel out, bring L heel back in, chest pop forward, recover chest and place weight on LF  
5,6      Walk forward R,L  
&7&8      Step RF out, step LF out, step RF in, cross LF over R

**A3: Side rock recover, step together, step to L, twist recover, ¼ turn jazz box with chest pop**

1,2      Rock RF to R side, recover onto LF (roll R arm out from side)  
&3      Close RF next to L, step LF to L  
&4      Swivel both heels to L, bring heels back  
5,6      Cross RF over L, step LF back  
&7      ¼ turn R stepping RF to R side (3.00) close LF next to R  
&8      Pop chest forward, recover chest

**A4: Heel & hip x2, step and slide back x2**

1&2      Touch R heel forward diagonal pushing R hip up, recover hip back, drop down a little as you step forward on RF  
3&4      Touch L heel forward diagonal pushing L hip up, recover hip back, drop down a little as you step forward on LF  
5,6      Touch RF next to L (keeping heel of the floor) slide LF back  
7,8      Touch LF next to R, ( keeping heel of the floor) slide RF back

**B pattern – 32 counts**

**B1: Walk R,L, out out, twist x2, diagonal rocks x2**

1,2      Walk forward R,L  
&3&4      Step RF out, step LF out, twist both heels in, twist both toes in  
5,6      Rock R heel out to R diagonal, recover onto LF  
&7,8      Close RF next to L, rock L heel out to L diagonal, recover onto RF

**B2: Pivot ½ turn L, ½ turning lock steps back, sweeps x2, coaster step**

&1,2      Close LF next to R, step RF forward, pivot ½ turn L placing weight on LF  
3&4      ¼ turn L stepping RF to R side, cross LF over R, ¼ turn L stepping RF back  
5,6      Step back on L sweeping RF from front to back, step RF back sweeping LF from front to back  
7&8      Step LF back, close RF next to L, step LF forward

**B3: Side step, sailor & knee pops, slide, lock behind, unwind**

1,2&3      Step RF to R, step LF behind R, step RF to R, step LF to L

&4 Pop R knee, pop L knee (weight ending on RF) slightly on the diagonal  
5,6 Push of RF making large step to L, lock RF behind L  
7,8 Unwind full turn over R shoulder placing weight on L

**B4: Slide touch, ½ turn slide touch, walk R,L, full turn**

1,2 Step R to R side, touch LF beside R ( large step)  
3,4 ¼ turn L stepping L to L, ¼ L touching RF next to L  
5,6 Walk forward R,L (shape this walk as your body faces diagonal , click right finger on walks)  
7,8 Make full turn L stepping R,L

**Last Update - 10th Sept 2015**

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