

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
