

# Here For It

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jessica LaVenter (USA) - January 2024  
音樂: Here For It (feat. Ingrid Andress) - BRELAND



Notes: 16 count intro  
1 tag (3rd wall, 16 counts)

**[&1-8] walk R, L, rock fwd R, recover L, R coaster step, L quarter turn step and slide R**

&1,2      ball step L, step fwd R, step fwd L  
3,4      step fwd R while rocking R hip fwd, rock L hip back and recover weight on L  
5&6      step R back, step L recover, step R slightly in front of L  
7,8      step out L while making quarter turn then slide R foot together (end on 3 o'clock wall)

**[9-16] quarter turn triple step R, L, R, triple step quarter turn L, R, L, sailor R, L, R, weave L, R, L**

1&2      quarter turn (6 o'clock walk) into a triple step R, L, R  
3&4      triple step L, R, L into quarter turn (facing 9 o'clock)  
5&6      step R behind L, step L to L side, step R diagonally forward to R side  
7&8      step L behind R, step R to R side, step L across R

**[17-24] rock R, recover L, triple step R, L, R full turn clockwise, mambo side step L, recover R, step together L, R, hold \*head nod/shoulder bop\***

1,2      step R foot out to R side, rock L onto to L foot,  
3&4      step feet R, L R as you make a full turn clockwise  
5,6      Rock L out to side, recover on R  
&7,8      step L foot in, step R foot together, and hold on last count

**\*styling option to add head nod/shoulder bop on [8]**

**\*styling option for chorus to add a knock knock motion with your hand [&7]**

**[25-32] rock R and cross, rock L together, applejacks/heel swivels x3, step back on R**

1&2      rock R foot to the side, recover on L, cross R foot in front of L  
3&4      rock L foot to the side, recover on R, step both feet together  
5&6& a      applejack L toe L and R heel in, back to center, applejack R toe R and L heel in, back to center  
7&8 a      applejack L toe to L and R heel in, step back on R

**note: If you can't applejack, swivel R heel in, Then L, Then R, Then L, weight on R**

**\*the tag begins on the 3rd wall**

**you dance the first 12 counts then step/move back an additional 4 counts before restarting from the top**

**[&1-8] walk R, L, rock fwd R, recover L, R coaster step, L quarter turn step and slide R**

&1,2      ball step L, step fwd R, step fwd L  
3,4      step fwd R while rocking R hip fwd, rock L hip back and recover weight on L  
5&6      step R back, step L recover, step R slightly in front of L  
7,8      step out L while making quarter turn clockwise then slide R foot together

**[9-16] quarter turn triple step R, L, R, triple step quarter turn L, R, L, step/move back R, L, R, hold weight on R**

1&2      quarter turn into a triple step R, L, R  
3&4      triple step L, R, L into quarter turn  
5,6,7,8      step/move back R, step L, step R, hold weight on R

Last Update: 18 Jan 2024

