

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

