

# Here It Is

**Count:** 64

**Wall:** 0

**Level:** Phrased Advanced

**Choreographer:** Fred Whitehouse (IRE) - September 2015

**Music:** 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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