I Am Here!



拍數: 80 牆數: 1 級數: Phrased Advanced

編舞者: Trish McElhinney (CAN) - February 2023

音樂: I Am Here - P!nk



** 2nd Place Advanced Non-Country – 2023 Sunshine N Line Florida WDM **

Intro: 40 Counts

Part A - 32 Count

[1-8] Lockstep, 1/4 Hitch, Lockstep, 3/8 Hitch

1-4 1/8 L stepping RF forward to 10:30 (1), Lock LF behind RF (2), Step RF forward (3), Keep

weight on RF hitch L knee to make 1/4 turn R to 1:30 (4) 1:30

5-8 Step LF forward to 1:30 (5), Lock RF behind LF (6), Step LF forward (7), Keep weight on LF

hitch R knee to make 3/8 turn L to 9 (8) 9

[9-16] Rock, Recover, Back Drag, Coaster Step, Hold

1-4 Rock RF forward (1), Recover to LF (2), Big step back on RF (3), Drag LF towards RF (4) 9

5-8 Step LF Back (5), Step RF next to LF (6), Step LF forward (7), Hold (8) 9

[17-24] ½ Pivot, ¼, Behind, Side, Cross, Unwind

1-4 Step RF forward (1), ½ L transferring weight to LF (2), ¼ L stepping RF to R side fanning

toes of LF to side (3), Hold (4) 12

5-8 Cross LF behind RF (5), Step RF to R Side (6), Cross LF over RF (7), Start ½ R (8) turn will

finish on count 1 of the next 8 6

[25-32] Step, ½, ½, ½ Pivot, Step Fwd, Drag

1-4 Finishing ½ transfer weight to RF (1), ½ R stepping LF back (2), ½ R stepping RF forward (3)

Hold (4) 6

5-8 Step LF forward (5), ½ R transferring weight to RF (6), Big step forward with LF (7), Drag RF

next to LF (8) 12

Part B - 16 Count

[1-9] Side, Cross Rock, Drag, turning coaster, turning fwd coaster with Sweep, Behind, Side, Cross

1-2& Step RF to R Side (1), Cross rock LF over RF opening up to 1:30 (2), Recover back on RF

(&) 1:30

3-4& Big step back on LF dragging RF (3), Step RF Back (4), Close LF beside RF squaring up to

12 (&) 12

5-6& 1/8 L stepping RF forward to 10:30 (5), Step LF forward (6), Close RF beside LF squaring up

to 9 (&) 9

7-8&1 Step LF back sweeping RF from front to back (7), Cross RF behind LF (8), Step LF to L Side

(&), Cross RF over LF (1) 9

[10-16] ¼ L, ¼ L, Cross, ¼, ½, ½ Pivot, Run x2, Cross Rock

2&3 ¼ turn R stepping back on LF (2), ¼ turn R stepping RF to R Side (&), Cross LF over RF (3)

3

4&5 ½ turn L stepping back on RF (4), 1/2 turn L stepping LF forward (&), Step RF forward (5) 6

6&7-8& ½ L transferring weight to LF (6), Step RF forward (&), Step LF forward slightly to diagonal

(7), Cross Rock RF over LF (8), Recover on LF (&) 12

Part C - 32 Count

[1-8] R Chasse, ¼ L Chasse, R Shuffle Forward, ½ R Shuffle Back

1&2 Step RF to R Side (1), Step LF next to RF (&), Step RF to R Side (3), ¼ L Step LF to L Side 9

3&4 (4), Step RF next to LF (&), Step LF to L Side (4)

Step RF forward (5), Step LF next to RF (&), Step RF forward (6), ½ R Step LF back (7), 9 5&6 7&8 Step RF next to LF (&), Step LF back (8) [9-16] Back, Back, Coaster, ½ Monterey 1-2, 3&4 Step RF back (1), Step LF back (2), Step RF back (3), Step LF next to RF (&), Step RF forward (4) 3 5-8 Step LF forward (5), Point R toe to R side (6), ½ R stepping RF next to LF (7), Point L toe to L Side 3 [17-24] Sailor x2, Behind, 1/4, Shuffle 1&2-3&4 Step LF behind RF (1), Step RF to R side (&), Step LF to L Side slightly forward (2), Step Rf behind L (3), Step LF to L side (&), Step RF to R Side slightly forward (4) 9 Cross LF behind RF (5), ¼ R stepping RF forward (6), Step LF forward (7), Step RF next to 5-6,7&8 LF (&), Step LF forward (8) 12 [25-32] Rock, Recover, ½, ½, Coaster, Kick & Touch Rock RF forward (1), Recover on LF (2), ½ R stepping RF forward (3), ½ R stepping LF back (4) 12Step RF back (5), Step LF next to RF (&), Step RF forward (6), Kick LF forward (7), Step LF 5&6-7&8 slightly forward (&), Touch RF next to LF (8) 12 Tags: 1 - 6 Count, 2 - 8 Count, 3 - 10 Count, 4 - 2 Count Tag 1: 6 Counts Rock RF forward (1), Recover on LF (2), Step RF back (3) Sweeping LF front to back (4), Cross LF behind RF (5), Hold (6) 12 Tag 2: 8 Counts Repeat last 8 counts of C - Rock, Recover, 1/2, 1/2, Coaster, Kick & Touch 12 Tag 3: 10 Counts Rock RF forward (1), Recover on LF (2), Step RF back (3), Sweep LF front to back (4), Rock LF back (5), Recover on RF (6), Step LF forward (7), Sweep RF back to front (8), Cross RF over LF (9), Step LF back (10) 12

Tag 4: 2 Counts Sway Right (1), Sway L (2) 12

Sequence; A, A, T1, B, B, C, T2, A, T3, B, B, C, C, B, T4, B, B, C, C

It's not as scary as it looks, the timing is dictated by the lyrics more than the underlying beat. Enjoy