

Dance name – Here it is

Music/artist – Here it is by Flo Rid ft Chris Brown

Counts – A 32, B 32

Level – Advanced

Choreographer – Fred Whitehouse

Intro – 64 counts or 31 seconds from start of track

Sequence – A,A,B,B,A,A,B,A,B,B

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

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

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

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

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

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

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

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 LF to L, ½ 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