

HERE IT IS

Choreographed by Fred Whitehouse

Description: ABC, Street/Funky

Level: Intermediate

Music: 'Here It Is' by Flo Rida ft. Chris Brown (123bpm)

Official UCWDC competition dance description

Date of usage 11 August 2016

Sequence – A,A, B,B, A,A, B,A, B,B

Part A: 32 counts

1-8: 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

9-16: 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

17-24: 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 1/4 turn R stepping RF to R side (3.00) close LF next to R
- &8 Pop chest forward, recover chest

25-32: 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

Part B: 32 counts

1-8: 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

9-16: Pivot 1/2 turn L, 1/2 turning lock steps back, sweeps x2, coaster step

- &1-2 Close LF next to R, step RF forward, pivot 1/2 turn L placing weight on LF
- 3&4 1/4 turn L stepping RF to R side, cross LF over R, 1/4 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

17-24: 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

25-32: Slide touch, 1/2 turn slide touch, walk R,L, full turn

- 1-2 Step R to R side, touch LF beside R (large step)
- 3-4 1/4 turn L stepping L to L, 1/4 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