

Beat It

拍数: 32 墙数: 2 级数: Beginner
编舞者: Kitty Russell (USA) - December 2018
音乐: Beat It - Michael Jackson



Begin 32 beats in, when music ratchets up a level - right lead

STOMP RIGHT 3, STEP RIGHT FORWARD, STOMP LEFT 3, STEP LEFT FORWARD

1-4 Stomp R (1), stomp R (2), stomp R (3), step R (4) forward
5-8 Stomp L (5), stomp L (6), stomp L (7), step L (8) forward

SCISSORS RIGHT, HOLD, SCISSORS LEFT, HOLD

1-4 Step R to right (1), step L next to R (2), cross R over L (3), hold (4)
5-8 Step L to left (5), step R next to L (6), cross L over R (7), hold (8)

SLOW MOON WALK BACK 4

1-2 Slide R toe back (1), R heel down (2)
3-4 Slide L toe back (3), L heel down (4)
5-6 Slide R toe back (5), R heel down (6)
7-8 Slide L toe back (7), L heel down (8)

ROCKING CHAIR, PIVOT 1/4 LEFT X 2

1-4 Rock R forward (1), step L in place (2), rock R back (3), step L in place (4)
5-6 Step R forward (5), pivot 1/4 L (6)
7-8 Step R forward (7), pivot 1/4 L (6:00) (8)

Restart

Tag: At wall 5, dance the first 8 steps two extra times:

1-4 Stomp R (1), stomp R (2), stomp R (3), step R (4) forward
5-8 Stomp L (5), stomp L (6), stomp L (7), step L (8) forward

1-4 Stomp R (1), stomp R (2), stomp R (3), step R (4) forward
5-8 Stomp L (5), stomp L (6), stomp L (7), step L (8) forward
