

Beat It

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Paul Clifton (UK)
音乐: Beat It - Michael Jackson



KICK OUT & CROSS STRUT, SIDE STRUT, CROSS STRUT

1&2 Kick right forward & step right to right side, step left out to left side shoulder width apart)
&3-4& Step right back home, cross touch left toe over right, drop heel & click fingers
5-6 Touch right toe to right side, drop heel & click fingers
7-8 Cross touch left toe over right, drop heel & click fingers

Styling note: raise elbows out on 3,5,7 & drop arms clicking fingers on 4,6,8

FULL MONTEREY TURN, CROSS BEHIND UNWIND $\frac{3}{4}$ TURN, PUSH HIPS LEFT & RIGHT

1-2 Touch right toe to right side, pivot full turn to the right on ball of left stepping right next to left
3-4 Touch left to left side, step left next to right
5-6 Touch right toe behind left heel, unwind $\frac{3}{4}$ turn to the right
7-8 Step left to left side pushing hips left, push hips right (weight lands on right)

Styling note: punch left hand down by left side count 7 & right hand down on count 8

TOUCH & ROCK, TOUCH, KICK, STEP SLIDE, PUSH HOLD STARTING ON LEFT

1&2 Touch left toe to right instep, step left to left side, rock weight back onto right
3-4-5 Touch left toe to right instep, kick left forward, step forward on left
6-7 Slide right up to left (weight on left), sharply push slide right toe to right side (weight on left)
8 Hold with style

TOUCH & ROCK, TOUCH, KICK, STEP SLIDE, PUSH & HOLD STARTING ON RIGHT

1&2 Touch right toe to left instep, step right to right side, rock weight back onto left
3-4-5 Touch right toe to left instep, kick right forward, step forward on right
6-7 Slide left up to right (weight on right), sharply push slide left toe to left side (weight on right)
8 Hold with style

LEFT KICK BALL CHANGE, SCOOT STEP TIMES 2, FORWARD & BACK & CHARLESTON OR MASHED POTATO STEPS

1&2 Kick left forward, step slightly back on ball of left, change weight to right
&3&4& Scoot back on ball of right, step forward left, scoot back on ball of left, step forward right
5&6 Step left directly in front of right, twist heels out, twist heels back in
&7&8& Swinging left to left side twist both heel out, step directly behind right bringing heels back to center, twist heels out, twist heels back into center (weight ends on left)

For easier option for counts 5-8 step forward left & heels out & in then step back on left, heels out & in (keeping weight on right until count 8

TOUCH BACK, $\frac{1}{2}$ TURN OUT OUT IN IN BODY ROLL & KNEE POPS

1-2 Touch right toe straight back, pivot half turn to the right (transferring weight to right)
&3&4 Step left to left side, step right to right side, step left back to home, step right next to left
5-6 Start to body roll forward from knees, end body roll at head
7-8 Sharply pop left knee in towards right, sharply pop right knee towards left (weight ends on left)

REPEAT