

# Beat It

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Matt Barrett (UK)  
音乐: Beat It - Michael Jackson



## STEP ¼ TURNS WITH SHOULDER POPS TWICE

- 1-2            Step right forward, turn head left
- 3&4           Turn body ¼ left, pop shoulders left, pop shoulders right. (like Michael Jackson)
- 5-6            Step right forward, turn head left
- 7-8            Turn body ¼ left, pop shoulders left, pop shoulders right. (like Michael Jackson)

**These steps are done robotically**

## TOE STRUTS RIGHT, LEFT, RIGHT, LEFT

- 1-2            Right toe strut
- 3-4            Left toe strut
- 5-6            Right toe strut
- 7-8            Left toe strut

**Steps 1-8 can be done as on the spot moonwalks.**

## ½ MONTEREY TURN, LOCK STEP, SHUFFLE FORWARD

- 1-2            Point right toe to right side, pivot ½ turn to right
- 3-4            Point left toe to left side. Step left toe beside right
- 5-6            Step right forward, lock left behind right
- 7&8            Step right forward, step left beside right, step right forward

## ROCK, RECOVER, ½ TURN SHUFFLE, ½ TURN TWICE, KNEE ROLL

- 1-2            Rock forward onto left, recover onto right
- 3&4            Step ½ turn to left stepping onto left, step right beside left, step left forward
- 5-6            Step right ½ turn to left, step left ½ turn to left
- 7-8            Roll right knee to right, roll left knee to left

## KICK, OUT, OUT, ROLL HIPS WITH ¼ TURN, TOE STRUTS, TOE TOUCHES

- 1&2            Kick right forward, step right out to side, step left out to side
- 3-4            Roll hips to left, roll hips to right while turning ¼ to right
- 5-6            Right toe strut
- 7-8            Left toe strut

## TOE TOUCHES, RIGHT SHUFFLE, TOE TOUCHES, LEFT SHUFFLE

- 1&2&           Touch right toe forward, touch right toe beside left, touch left toe forward, touch left toe beside right
- 3&4            Step right forward, step left beside right, step right forward
- 5&6&           Touch left toe forward, touch left toe beside right, touch right toe forward, touch right toe beside left
- 7&8            Step left forward, step right beside left, step left forward

## LINKED JAZZ BOX, STEP ¼ TURN

- 1-2-3           Cross right over left, step left back, step right beside left
- 4-5-6           Cross left over right, step right back, step left beside right
- 7-8            Step right forward, pivot ¼ turn to left

## SCUFF OUT TWICE, LOOK DOWN, LOOK UP, ARMS PULL IN

- 1-2            Scuff right out to side, step onto right

3-4 Scuff left out to side, step onto left

5-6 Look down to the floor, look forward

7-8 Arms to the left as if holding a rope (head also faces left). As you pull arms to chest right foot slides next to left

**These steps are done robotically**

**REPEAT**

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