

Just Beat It

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Advanced - Pop
编舞者: Sobrielo Philip Gene (SG) - September 2012
音乐: Beat It - Michael Jackson : (Album: Thriller)



Sequence: AB Tag, ABB, AABBBB

Note: Part B is taken from video, look at video for hand movements and styling

INTRO: 64 counts

PART A - 64 counts

[1-8] JUMP, SHOULDER POPS, CROSS ½ TURN, HANDS,

1 Jump back with feet apart
2-3 Pop right shoulder up(2), pop left shoulder up(3)
&4 Step right beside left(&) cross left over right(4)
5-6 Turn ½ turn right (weight on both feet)(5) Clap hands above head(6),
7&8 Bring hands to right shoulder(7), bring hands up behind head(&), bring hands to left shoulder
ON COUNT 5 Throw both hands to respective sides

[9-16] HIP ROLL, CROSS STEP, CROSS, ½ TURN

1-4 Roll hip anti clockwise 4 counts (1-4) placing weight onto left)
&5-6 Step right beside left (&), cross left over right (5) step right to right (6)
&7-8 Step left beside right (&), cross right over left (7) turn ½ turn left(8) (weight on right)
On counts 1-4 Place hands above head moving anti clockwise, bring hands down on 4

[17-24] STEP HITCH, KICK OUT OUT, LOOK LEFT, HEEL BOUNCES

1-2 Step left forward(1), hitch right (2)
3&4 Kick right forward(3), step right to right (&), step left to left (4) (feet apart)
5 Look left
6-8 Slowly turn head to face front whilst bouncing right heel for these three counts

[25-32] FORWARD ROCK SIDE, FORWARD ROCK SIDE, ROLLING VINE RIGHT

1&2 Rock forward right (1), recover weight onto left (&), step right to right (2)
3&4 Rock left forward (3), recover weight onto right(&), step left to left (4)
5-6 Making ¼ right step right forward(5), making ½ turn right step left back (6)
7-8 Making ¼ right step right to right (7), step left beside right (8) (weight on left)

[33-40] DIAGONALLY BACK DRAG RIGHT STEP, SIDE ROCK CROSS, DIAGONALLY BACK DRAG LEFT STEP, SIDE ROCK CROSS

1-2 Take big step right diagonally right back (dragging left towards right)(1), step left beside right(2)
3&4 Rock right to right (3), recover onto left (&), cross right over left (4)
5-6 Take big step left diagonally left back (dragging right towards left) (5), step right beside left(6)
7&8 Rock left to left (7), recover onto right (&), cross left over right (8)

Hands: On counts 1-2 bring LEFT hand up at chest level with palm facing forward showing a Stop sign

On counts 5-6 bring RIGHT hand up at chest level with palm facing forward showing a Stop sign

[41-48] STEP TOUCH RIGHT, STEP TOUCH LEFT, ¼ TURN PADDLE-STOMPS

1-2 Step right to right (1), touch left beside right (2)
3-4 Step left to left (3), touch right beside left (4)
5-6 Stomp right slightly to right (5), stomp right slight to right making 1/8 turn left (6)
7-8 Stomp right slight to right making 1/8 turn left (7) Stomp right slightly to right (8) (9.00)

Note: On counts 5-8 weight will always be on left when making the paddle turns

Hands: On counts 1 and 3 Bring hands up above head and snap fingers

On counts 2 and 4 Bring hands down at respective sides and snap fingers

[49-56] JUMP, TWIST, CHEST PUMPS, STEP LOCK STEP, PIVOT ½ TURN

- &1 Step Slightly to right (&), step left to left (1) (feet apart)
- 2 Twist feet 1/8 to left (2) (Body facing diagonally left)
- 3&4 Bring/pump chest out (3), bring/pump chest in (&) bring/pump chest out
- 5-6& Making 1/8 left step left forward (5), lock right behind left (6), step left forward (&) (6.00)
- 7-8 Step right forward (7), making ½ left transfer weight on to left (8) (12.00)

Hands: On counts 3&4 place both hands on chest

[57-64] MAMBO STEP, KICK OUT OUT, HAND SWINGS

- 1&2 Rock right to right (1), recover weight onto left(&), step right beside left (2)
- 3&4 Kick left forward (3), step left slightly to left (&), step right to right (4) (Feet apart)
- 5 Swing right hand front across body and left hand to the back (5)
- 6 Swing left hand front across body and right hand to the back (6)
- 7 Bring hands out to respective sides (7)
- & Swing hands into a circle towards body (&)
- 8 Bring hands down to respective sides (8)

PART B (BEAT IT video) 32 counts

[1-8] TOE STRUTS MOVING FORWARD (FINGER SNAPS)

- 1-2 Touch right forward (1), bring right down (2)
- 3-4 Touch left forward (3), bring left down (4)
- 5-6 Touch right forward (5), bring right down (6)
- 7-8 Touch left beside right (7), bring left down (8)

Note: When doing counts 1-8 snap fingers on counts 2,4,6,8

[9-16] HAND MOVEMENTS, TOE SWITCHES WITH HANDS, SIDE STEP, SIDE STEP

- 1-2 Bring right hand up above head (1), Bring right hand down and Bring Left hand up above head (2)

NOTE: Counts 1-2 are just the hands

- 3&4 Point right to right (3) step right beside left (&), point left to left (4)

Hands: 3 - Bring Left hand down to left side and Bring right hand up above head

4 - Bring right hand down to right side and Bring Left hand up above head

- &5-6 step left beside right (&) point right to right (5), Step right down (6),

Hands: 5 - Bring hands out to grab something on your LEFT

6 - bring hands down to respective sides

- &7-8 Step left beside (&), point right to right (7,) Step right down(8) (weight on right)

7 - Bring hands out to grab something on your LEFT

8 - bring hands down to respective sides

[17-24] BALL CROSS, HAND, UNWIND, LOOK BACK, LOOK FORWARD HOLD

- &1-2 Step left beside right (&), cross right over left (1), spread hands out to respective sides with palms facing down(2)
- 3-4 Unwind full turn left (3-4) (weight ends on left on count 4)
- 5-6 Look back to the right (5), look forward, shift weight onto left (6)
- 7-8 Hold for 2 counts (7-8)

[25-32] HEELS UP HEELS DOWN, HIP BUMPS SNAPPING FINGERS

- 1-2 Stepping right to right, come up onto your toes, bringing arms up at the sides(1), put down heels, bringing arms straight down(2)
- 3-4 Come up onto your toes, bringing arms up at the sides(3), put down heels, bringing arms straight down(4)
- 5-8 Bump hips to the right 4 times, keeping weight on left

Hands: 5,6,7,8 Snap fingers moving slightly to the right

TAG (16 counts)

[1-8] DIAGONAL STEP LOCK STEP, SIDE TOUCH (4X)

1-2& Step right diagonally forward to right(1), lock left behind right(2), step right diagonally forward to right(&)

3-4 Step left to left(3), touch right beside left(4)

5-6& Step right diagonally forward to right(5), lock left behind right(6), step right diagonally forward to right(&)

7-8 Step left to left(7), touch right beside left(8)

(Repeat the above 8 counts)

Contact Philip: sphilipg@hotmail.com
