

# Beat It

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Sungran Song (CAN) - September 2022  
音樂: Beat It - Michael Jackson



## Restart ( After W2 48c)

### (S1) Heel Struts Rlrl With Right Arm Swing

1-2      Rf Fwd Heel Strut With Right Elbow Bend And Swing To R  
3-4      Lf Fwd Heel Strut With Right Elbow Bend And Swing To R  
5-6      Rf Fwd Heel Strut With Right Elbow Bend And Swing To R  
7-8      Lf Fwd Heel Strut With Right Elbow Bend And Swing To R

### (S2) Kick Out Rl ,Heel Swivel Point R. Together Rl

1&2      Kick R ,Out R -L  
3      A4 Hold Both Heels Swivel Out Return  
5 6&      Point Side Rf With Raise R Arm Hold Together Rf  
7 8&      Point Side Lf With Raise R Arm Hold Together Lf

### (S3) Step Back With Body Roll, Shoulder Roll Lr, Hip Down Up

1-2&      Step Back Rf With Body Roll , Together Lf  
3-4      Step Back Rf With Body Roll  
5-6      Left Shoulder Roll, Right Shoulder Roll  
7-8      Hip Down Up

### (S4) Ball Cross Hold , 1/2 L Turn For 2count, Kick Lr

&1      Lf Ball Together Cross Rf  
2      Hold  
3-4      1/2 L Turn  
5&6      Kick Lf And Drop  
7&8      Kick Rf And Drop

### (S5) Coaster Lrl, Out Rl, Apple Jack Or Heel Swivel

1&2      Back Step Lf, Together R, Fwd Lf  
3-4      Out R-L  
5&6&7&8&      Apple Jack Rlrlrr (Or Heel Swivel Lrl ,Rl)

### (S6) Kick, Heel Bounce, Side Rock Recover ,Behind 1/4r, Fwd L,

1&2      Rf Kick & Drop , Back Lf Behind Rf  
3-4      Heel Bounce With Both Feet  
5-6      Side Rock Lf, Recover Rf  
7&8      Step Lf Behind Rf, Step Side Rf, 1/4 R Turn With Fwd Lf

## Restart Here After W 2

### (S7) Kick Out R-L, Knee Twist In Rl, Hold, Ball Together, Side Step X2

1&2      Kick Rf , Step Back Out R-L  
3-4      R Knee Twist In , L Knee Twist In  
5&6      Hold, Ball Together Rf Step Side Lf  
7&8      Hold, Ball Together Rf Step Side Lf

### (S8) Cross Point Step Side Rl, Cross Rf 1/2 L Turn , Hip Shake

1-2      Cross Point Touch Rf Over Lf, Step R To R  
3-4      Cross Point Touch Lf Over Rf, Step L To L

5-6 Rf Cross Over Lf , 1/2 Turn L  
7&8 Hip Shake Fwd Aback Fwd ( Weight On The Rf)  
& Lf Ball Together

**Enjoy This Dance!!**

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