

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 RI ,Heel Swivel Point R. Together RI

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 RI, 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 ,RI)

(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 RI, 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 RI, 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!!
