

# Beat It

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
編舞者: Paul Clifton (UK)  
音樂: 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**