

Beat It

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Matt Barrett (UK)
音樂: 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
