

# Just Beat It

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Mayee Lee (MY) - August 2011  
音樂: Beat It - Michael Jackson



Special thank you to Stephanie Lim !!!

Pre-Intro: 88 COUNTS, start the dance after 24 counts and follow with the Intro Dance 64 counts

**Intro dance (64 count) Start the Intro dance facing back wall 6.00**

- 1 – 8                      Pop shoulder to Rt(1), hold(2), pop shoulder to Lt(3), hold(4) x2  
9 – 16                    Repeat 1 – 8  
17 – 24                  Jump both feet together(1), hold (2,3,4) x2  
25 – 32                  Repeat 17 – 24
- 1 – 8                      Touch Rt to Rt(1), hold(2), Rt together Lt(&), touch Lt to Lt(3), hold(4), Lt together Rt(&)  
                            Touch Rt to Rt(5), hold(6), Rt together Lt(&), cross Lt over Rt(7),unwind 1/2 turn Rt (8)(12.00)  
9 – 16                    Touch Rt to Rt(1), hold(2), Rt together Lt(&), touch Lt to Lt(3), hold(4), Lt together Rt(&),  
                            Touch Rt to Rt(5), hold(6), Rt together Lt(&), touch Lt to Lt(7), hold(8), Lt together Rt(&)  
17 – 24                  Touch Rt to diagonally Rt & bounce 7 times, Rt together Lt(8)  
25 – 32                  Applejack to Rt 4 counts & to Lt 4 counts

**Main Dance (32 counts)**

**Section 1: Toe Strut Forward R L R L**

- 1, 2, 3, 4              Touch Rt toe forward(1), drop Rt heel(2), touch Lt toe forward(3), drop Lt heel(4)  
5, 6, 7, 8              Repeat Section1 (1 – 4)

**Section 2: Back, Together, Heels Up Down, Back, Together, Heels Up Down**

- 1, 2, 3, 4              Step Rt back(1), step Lt together Rt(2), lift both heels up(3), place both heels down(4)  
5, 6, 7, 8              Repeat Section 2 (1 - 4)

**Section 3: Jump, ¼ Turn R, Shoulders Roll & Sit, Push Hip Up & Down**

- 1, 2, 3, 4              Jump both feet apart(1), ¼ turn Rt(2) (3.00), roll Lt shoulder(3), roll Rt shoulder & sit on Lt(4)  
5, 6, 7, 8              Push hip up(5), push hip down(6), push hip up(7), push hip down(8)

**Easier option for 5 – 8 : Bump hip to Lt x4 (5 6 7 8)**

**Section 4: Cross R Strut, ½ Turn L Toe Strut, Forward, Scuff, Jackson Kick**

- 1, 2, 3, 4              Touch Rt toe over Lt(1),drop Rt heel(2), ½ turn Lt touch Lt toe forward(3), drop Lt heel (9.00)  
5, 6, 7&8              Step Rt forward(5), scuff on Lt(6) ,bring Lt knee out to Lt(7),bring Lt knee in (centre)(&), step  
                            Lt down beside Rt(8)

**Easier Option for 6 –8 : Step Lt together with Rt(6), body roll from knees to head(7&8)**

**Restart: During wall 4 (3.00), dance only 16 counts & restart at the same wall !**

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