

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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