Beat IT



编舞者: Tom Richardson (USA) - July 2025

音乐: Beat It - Michael Jackson



Start when the guitar starts (56 counts)

*1 restart during wall 5 (12:00)

Section 1: Lock step kick, out out, hold, and cross, hold

1-2 RF forward, LF behind right

3-4 RF forward, kick LF &5-6 LF side, RF side, hold &7-8 LF together, RF cross, hold

Section 2: Heal bounce ¼ turn (2x), coaster step, ¼ Monterey Right step

&1&2 Heels up, ¼ left, heels down (2x) weight on right foot (6:00)

3&4 LF back, RF together, LF forward

5-6 RF touch side, RF together while turning 1/4 turn right (9:00)

7-8 LF touch to the side, LF together step

Restart wall 5

Section 3: Side, hold, ball side, flick, side behind, 1/4 step scuff

1-2 RF side, hold,

&3-4 LF together, RF side, LF flick behind (styling --snap fingers right and tilt head to the right)

5-6 LF side, RF behind

7-8 LF 1/4 turn (6:00), RF scuff

Section 4: Rock recover, coaster step, rock recover 1/4 sailor

1-2 RF rock forward, recover on LF
3&4 RF back, LF together, RF forward
5-6 LF rock forward, recover on RF

7&8 Back ¼ left (3:00), RF together, LF forward

Repeat