

Beat It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Elle Coventry (USA) - July 2025
音乐: Beat It - Michael Jackson

级数: Phrased Improver / Intermediate



Sequence: A,B,B,A,A(16c),B,B,A,A,B,B,B,A,A,A,A
Intro: 24sec

Part A – (32 Counts)

[1–8] Kick-Ball-Point x2, Walks with ½ Turns

- 1&2 Kick Right forward, Step ball of Right beside Left, Point Left to left side
- 3&4 Kick Left forward, Step ball of Left beside Right, Point Right to right side
- 5 Step Right forward
- 6 ½ turn over Left Shoulder
- 7 Step Right forward
- 8 ½ turn over Left Shoulder

[9–16] Side-Cross-Side-Touch, Side-Cross-Side-Scuff

- 1 Step Right to Right side
- 2 Cross Left behind Right
- 3 Step Right to Right side
- 4 Touch Left next to Right
- 5 Step Left to Left side
- 6 Cross Right behind Left
- 7 Step Left to Left side
- 8 Scuff Right

[17–24] Swivels, Step Back, Full Turn, Kick-Ball-Change, ¼ Turn, Hold

- 1,2 Swivel feet
- 3 Step Right back
- 4 Full turn
- 5&6 Kick Right ball change
- 7 ¼ turn over Left Shoulder
- 8 Hold

[25–32] ½ Turn, Hold, ¼ Sailor Turn, Slow Half Turn with Bounce

- 1 ½ turn over Left Shoulder
- 2 Hold
- 3&4 Sailor step with a ¼ turn over Left Shoulder
- 5,6,7,8 Step Right forward and slowly turn and bounce ½ over Left Shoulder

Part B – (32 Counts)

[1–8] Knee Pops Traveling Forward, Cross-Step Out-Side x2

- 1,2 Step Right forward while popping Left knee (1), step Left forward while popping Right knee (2)
- 3,4 Step Right forward while popping Left knee (3), step Left forward while popping Right knee (4)
- 5&6 Cross Right over Left (5), Step back on Left (&), Step Right to Right side (6)
- 7&8 Cross Left over Right (7), Step back on Right (&), Step Left to Left side (8)

[9–16] Body Rolls, Touch, Turn, Stomps, Hip Rolls

- 1& Body roll stepping back onto Right ending with weight on Right
- 2 Touch Left to Right

3&	Body roll stepping back onto Right ending with weight on Right
4	½ turn over Right Shoulder and Step Left to Right
5,6	Stomp Right foot, Stomp Left foot
7,8	Roll hips for 2 counts

[17–24] Sailor Step, Heel Rock with Turn, Hold, Full Turn, Hold

1&2	Sailor Step starting with the Left foot
3,4	Rock forward on the Right Heel with the toes pointed to the Left. Recover on the Left foot as you turn a quarter turn to the Right.
5	Hold
6	Full turn over Left Shoulder
7,8	Hold

[25–32] Kick, Body Rolls, Kick- ¼ Turn, Body Rolls

1,2	Kick Right out to Left (1), Bring Right next to Left (2)
3,4	Body roll starting from Head
5,6	Kick Left out to Right (5), ¼ to over Left Shoulder and bring Left next to Right (6)
7,8	Body roll starting from Head

Last Update: 22 Jul 2025
