

“BEAT IT”
CHOREOGRAPHER: BRIDGET WENDT
MUSIC: BEAT IT – MICHAEL JACKSON (slowed to 90%)
(4/7/26)

INTRO

Circle Walk 3-4-5-6 (odd row walks around even row, all with “gang” body language)

1-8 (Continue walk-around and get to starting position by Count 8)

Lean 2-3-4-5-6-7-8 Lean 2-3-4-5-6-7-8

(Odd rows look left, lean left 1-4, rise back to center 5-8, look forward)

(Even rows look right, lean right 1-4, Rise back to center 5-8, look forward)

Punch Punch 1-2

(right foot stomp forward with 2 right fist punch)

Stomp stomp 3-4 (right arm down - just right foot stomp)

Fist Fist Fist Fist 5-6-7-8 (right fist hits left palm)

A. BEAT IT (2x)

Snap snap 1-2 (right step forward like walking on tight rope with soft knees)

Snap snap 3-4 (left step forward)

Snap Snap 5-6 (right step forward)

Snap Snap 7-8 (left step forward)

Up 1 (Right arm up then down)

Up 2 (Left arm up then down)

Out 3 (Right arm up + right leg out then down)

Out 4 (Left arm up + left leg out then down)

(Turn to face 9:00 wall, weight on left foot forward)

Reach and pull 5-6

Reach and pull 7-8

Arms & fists cross over and left leg bent

Pull arms to hips, hip thrust forward & travel back with ball change left-right

Cross and turn 1-2

Cross and turn 3-4

Right foot crosses over left and cross forearms in front of chest -

Turn 180 arms open, elbows in at waist

Right foot crosses over left and cross forearms in front of chest

Turn 180 hands down at side (now facing front with arms down)

Look right 5-6 (Soft knees, twist right hip back, thrust left shoulder fwd)

Look left 7-8 (Soft knees, twist left hip back, thrust right shoulder fwd (now turned to face 9:00 wall, weight on left foot forward)

Body roll 1-2

Body roll 3-4

(forward jump rope with arms, travel back with ball change left right)

Snap snap snap snap 5-6-7-8 (right hand snaps to the right, weight on left leg, right leg bent on ball of foot, move right hip up and down 4 times on each snap)

B. MJ SECTION

Leg leg 1-2 (MJ leg – raise right knee & heel up and out and then down, feet apart)

Nod Nod 3-4

(Hands crossed down front, nod twice)

Tootsie roll - Tootsie roll 5-6-7-8

(On balls of feet, knees go in and out & fists go in and out with knees in scooping/weaving motion)

Hat slide to-the left 1-2- 3-4

(Lunge and look right -grab hat (1), run right hand over rim of hat from right to left while right foot pivots in, toe, heel, toe. Head moves from right to left 2-3-4))

Arms 5 (Left arm bottom - right arm on top)
Up 6 (right arm up to 90,
Down 7 (right arm down on top of left arm)
Open 8 (right arm open to parallel the stationary left arm)

Step Kick - step kick - step kick - step kick 1-8
(Odd rows start left and Even row start right)
1 ¼ turn step to the side with down crossed arms
2 Low kick with arms open
3 ¼ turn step front with down crossed arms
4 Low kick with arms open
5-6-7-8 repeat to other side

C. 1 FINALE

Tootsie Roll 1-2

Elbow jab 3-4 (Left side uses right arm - right side uses left arm {to look like you are jabbing the other side}. Reach across to shoulder (3) then elbow jab (4))

Pivot center 5 (Right and left side pivot to center with arms down - staggered feet, one in front of the other)

Flip Jacket 6 (with both hands flip bottom of jacket back and at the same time pull front foot with lifted heel back -to be squared off looking at the other gang)

Puff Puff 7-8 (quick shoulders back - chest out)

Beat It: 1x

Snap snap Snap snap 1-2-3-4

Snap Snap Snap Snap 5-6-7-8

Up Up 1-2

Out Out 3-4

Reach and pull, Reach and pull 5-6-7-8

Cross and turn, Cross and turn 1-2-3-4

Look right 5-6

Look left 7-8

Body roll, Body roll 1-2-3-4

Snap snap snap snap 5-6-7-8

C 2 Finale

Hat slide to-the left 1-2-3-4 (Lunge and look right and at same time run right hand over rim of hat from right to left then drop right hand down on count 4, everyone is leaning to the left)

Head nods to-the right 5-6-7-8 (Head nods 4 times from left lunge to gradual right lunge)

Flip jacket 1-2

Face right and drop arms, right foot with heel lifted 1

Hands flip jacket back 2

Up 3

(Look up - You are now facing right in a MJ pose with heel lifted)

Hat 4 (Grab rim of hat with right hand and quickly look down, left hand bent behind hip, right leg bent forward - MJ pose with heel lifted)

 Hold for loud applause