“Beat It” – World Diabetes Day Choreography
“Cute zombie walk” Right left step with shoulders – 6 counts
March in step with arms up, stat center, turn head right, center, left – 8 counts
“Fred Astaire” Snap fingers and bring arms down, alternate legs to side - 8 counts x 2
Point with right arm for 4, point with left arm for 4 counts -
Raise arms for 4, lower arms for 4
Shoulder walk - Alternate right and left shoulder x 2
**Just Beat it #1 – punch down, punch up**
scoot to right x2 then left x 2 with elbows up
raise both arms to right then left for 2 counts
Shoulder Walk - Alternate rt and left shoulder 2 x each and walk
**Just Beat it #2 – punch down**
Open arms (open barn door)
Ride the horse- r leg forward – reach over and slap legs
Scoot to the right for 2, scoot to the left for 2 (lead with elbows
Quick turns – turn the right and clap,
turn to the left and clap.
Alternate right and left shoulder
**Just Beat It #3 – punch down, punch up x2**
Point with right arm for 4, point with left arm for 4 counts -
Raise arms for 4, lower arms for 4
Alternate right and left shoulder x 2
**Just Beat it #4 – punch down, punch up**
scoot to right x2 then left x 2 with elbows up
raise both arms to right then left for 2 counts
Shoulder Walk - Alternate rt and left shoulder 2 x each and walk
Just Beat it #5 – punch down
Open arms (open barn door)
Ride the horse- r leg forward – reach over and slap legs
Scoot to the right for 2, scoot to the left for 2 (lead with elbows)
Quick turns – turn the right and clap, turn to the left and clap.
Shoulder Walk - Alternate rt and left shoulder 2 x each and walk

Just Beat it #6 – Ride the horse- r leg forward – reach over and slap legs
Scoot to the right for 2, scoot to the left for 2 (lead with elbows)
Quick turns – turn the right and clap, turn to the left and clap.
Shoulder Walk - Alternate rt and left shoulder 2 x each and walk

Just Beat it – Last one punch down then up. Now disperse : - )

The original choreography for this song is from the International Diabetes Federation. They have lots of World Diabetes Day Resources and Info. Stop by and take a look around at their website.

November 14th is World Diabetes Day

Last year, I made a commitment to holding a Diabetes Flash Mob in my community. I want to share this info with you in case you would like to organize one in your town.

Here is a link to our Diabetes Flash Mob Demo Video. This was filmed during our Diabetes Ed Course in San Diego. Thank you to all the participants!

Thanks again,
Beverly Thomassian, RN, MPH, CDE, BC-ADM

Diabetes Education Services