

## “Beat It” Choreography

### Steps:

1. “Cute zombie walk” Right left step with shoulders – **6 counts**
2. March in step with arms up, stat center, turn head right, center, left – **8 counts**
3. “Fred Astaire” Snap fingers and bring arms down, alternate legs to side - **8 counts x 2**
4. Point with right arm for **4 counts**, point with left arm for **4 counts**
5. Raise arms, lower arms – **4 counts each**
6. Shoulder walk - Alternate right and left shoulders for **2 counts**
7. **Just Beat it #1 – punch down, punch up**
8. With elbows up, scoot to right, then to the left - **2 counts each**
9. Raise both arms to the right then left - **2 counts**
10. Shoulder Walk - Alternate right and left shoulder and walk – **2 counts**
11. **Just Beat it #2 – punch down**
12. Open arms (open barn door)
13. Ride the horse- right leg forward – reach over and slap legs
14. Scoot to the right for **2 counts**, scoot to the left (lead with elbows) - **2 counts each**
15. Quick turns – turn the right and clap, turn to the left and clap.
16. Alternate right and left shoulder
17. **Just Beat It #3 – punch down, punch up x2**
18. Point with right arm then point with left arm - **4 counts each**
19. Raise arms then lower arms - **4 counts each**
20. Alternate right and left shoulder – **2 counts**
21. **Just Beat it #4 – punch down, punch up**
22. With elbows up, scoot to right, then to the left - **2 counts each**
23. Raise both arms to the right, then left - **2 counts**
24. Shoulder Walk - Alternate right and left shoulder and walk – **2 counts**
25. **Just Beat it #5 – punch down**
26. Open arms (open barn door)

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27. Ride the horse- right leg forward – reach over and slap legs
28. Scoot to the right for **2 counts**, scoot to the left (lead with elbows) - **2 counts each**
29. Quick turns – turn the right and clap, turn to the left and clap.
30. Alternate right and left shoulder
31. **Just Beat it #6 – punch down, punch up**
32. Ride the horse- right leg forward – reach over and slap legs
33. Scoot to the right for **2 counts**, scoot to the left (lead with elbows) - **2 counts each**
34. Quick turns – turn the right and clap, turn to the left and clap.
35. Alternate right and left shoulder
36. **Just Beat it – Last one punch down then up.**

The original choreography for this song is from the International Diabetes Federation.

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!