Beat It – World Diabetes Day Choreography
Perform on October 13 at Strides for Diabetes Event - Click here for Registration form and Details

Start dispersed then when music starts..
Right left step with shoulders – 7 counts
March in step with arms up, turn head right, center, left – 8 counts
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
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
Alternate right and left shoulder 2 x each and walk
Just Beat it #2 – punch down, punch up
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 the right and clap,
turn to the left and clap.
Alternate right and left shoulder
Just Beat It #3 – punch down, punch up
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
Alternate right and left shoulder 2 x each and walk
Just Beat it #5 – punch down, punch up
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 the right and clap,
turn to the left and clap.
Alternate right and left shoulder
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 the right and clap,
turn to the left and clap.
Alternate right and left shoulder
Just Beat it – Last one punch down then up. Now disperse : -)

To see live Beat It Flashmob in Belgium–clicl on this YouTube Link