

Beat It

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MUSIC: Beat It by Berk and the Virtual Band (Original length: 3:57)
Start (no fade in) at 38:80 seconds. Fade the last 10 seconds for total length of 2:50
RHYTHM: West Coast Swing **TIME @ BPM:**
PHASE (+): Introductory Level, includes WHIP
FOOTWORK: Opposite unless indicated [*W: Woman's foot in italics*]
SEQUENCE: **Introduction A B C D A B C Ending**
NOTES: Many of the figures split measures. To indicate this, the following notation is used:
1 – 2 : figure requires two measures, not split, (8 beats)
1 –)2 : figures requires 1 and 1/2 measures, all of the first measure (4 beats), first half of second (2 beats) (6 beats total)
(2 – 3: figures requires 1 and 1/2 measures, second half of first measure (2 beats), all of second (4 beats) (6 beats total)
(2 –)4: figures requires 2 measures, second half of first measure (2 beats), all of second measure (4 beats), and first half of third measure (2 beats) (8 beats total)
[Anchor (Leader) – A triple nearly in place slightly back R toe turned slightly out placing the instep of R near heel of L (3rd position) / close L in 3rd position, close R slightly back in 3rd position. Used to end many figures.]
[Anchor (Follower) - A triple in nearly in place slightly back L toe turned slightly out placing the instep of L near heel of R (3rd position) / close R in 3rd position, close L slightly back in 3rd position.]
CBM – Contra Body Movement – In WCS CBM occurs on a forward step taken with toes turned slightly out and the opposite side of the body projects along the slot. For example, on an Underarm Turn commenced with the Follower facing RLOD, the Follower steps Forward R, Forward L toes pointed toward DWR and the RIGHT shoulder and side project along the slot toward RLOD.

Introduction

1 – 4 Wait; Side, Tap (Snap), Side, Tap (Snap); Turning Side Taps with Snaps; Turning Side Taps with Snaps and Turning Triple R / L, R to end in LOP-FCG Lead Hands Joined;

- 1 Wait for the pickup notes and one measure in OP-FCG Man facing LOD with arms down by your sides;
- 2 [Side, Tap (Snap), Side, Tap (Snap) (1234)] Side L, tap R snap fingers, side R, tap L snap fingers;
- 3 [Turning Side Taps with Snaps (1234)] Turning RF 1/4 to face WALL side L, tap R snap fingers, turning RF 1/4 to face RLOD side R, tap L snap fingers;
[W: Turns LF...]
- 4 [Turning Side Taps with Snaps and Turning Triple (123&4)] Turning RF 1/4 to face COH side L, turning RF 1/4 triple R / L, R to end in LOP-FCG with lead hands joined;
[W: Turns LF... ends facing RLOD...]

Part A

1 – 8 Underarm Turn (6); -, -, Tuck and Spin (6); ; Left Side Pass (6); -, -, Sugar Push (6); ; Whip (8); ;

- 1 -)2 **[Underarm Turn (12 3&4 5&6)]** Back L turning 1/4 RF to face WALL, close R raising joined lead hands, close L passing joined lead hands over Woman's head / close R, turning 1/4 RF side L across the slot; Lowering joined lead hands anchor R / L, R to end in LOF-FCG facing RLOD;
[W: Forward R, forward L with CBM, side R along the slot commencing to turn LF under joined lead hands / LXiF continuing to turn LF under joined lead hands, back R now facing LOD having made 1/2 turn LF under joined lead hands; Anchor L / R, L to end in LOP-FCG;]
- (2 - 3 **[Tuck and Spin (12 3&4 5&6)]** Back L, keeping lead hands joined and joining trail hands close R; Raise joined lead hands between partners with palm facing forward close L / close R, forward L releasing trail hands and allowing Woman to turn under joined lead hands, anchor R / L, R to end in OP-FCG facing RLOD, -
[W: Forward R, forward L small step; Close R / close L, side R turning RF 3/8 then spin RF 1/2 on R, -; Anchor L / R, L making 1/8 turn RF to end in OP-FCG facing LOD;]
- 4 -)5 **[Left Side Pass (12 3&4 5&6)]** Back L turning 1/4 LF to face WALL, close R keeping joined lead hands low; Close L / close R, turning 1/4 LF to face LOD forward L, anchor R / L, R to end in LOP-FCG facing LOD;
[W: Forward R, forward L with CBM; Side R along the slot commencing to turn LF / LXiF continuing to turn LF, back R now facing RLOD having made 1/2 turn LF, anchor L / R, L to end in LOP-FCG;]
- (5 - 6 **[Sugar Push (12 3&4 5&6)]** Back L, keep lead hands joined and join trail hands close R; Close L / close R, forward L releasing trail hands, anchor R / L, R to end in OP-FCG facing LOD, -
[W: Forward R, forward L small step; Close R / close L, back R, -, anchor L / R, L to end in OP-FCG facing RLOD;]
- 7 - 8 **[Whip (12 3&4 56 7&8)]** Back L turning 1/4 RF to face WALL and raising R arm to create frame for Woman, close R allowing Woman to place her back in your R arm, close L / close R, turning 1/4 RF side L across the slot without turning Woman to end in CP facing RLOD and commencing RF turn; Continue RF turn 1/4 side R to face COH and releasing R hand from Woman's back, continue RF turn 1/4 forward L down LOD, anchor R / L, R to end in LOP-FGC facing LOD;
[W: Forward R, pivoting 1/2 RF on R to face LOD step back L with R pointed toward LOD and placing your L shoulder blade in Man's R hand, back R small step / close L, forward R between Man's feet and commencing a RF pivot; Pivot RF on ball of R 1/2 turn step back L down LOD, back R, anchor L / R, L to end in LOP-FGC facing RLOD;]

Part B

- 1 – 8 Running Left Side Pass Woman Overturned Quick Swivel to Face (8); ; Man's Underarm Turn (6); -, -, Sugar Kicks and Lock (10); ; ; Whip (8);**
- 1 – 2 **[Running Left Side Pass Woman Overturned Quick Swivel to Face (12 3&4 5&6 --)]** Back L turning 1/4 LF to face COH, close R and starting to turn L hand so thumb points down, close L / close R and L thumb now pointing down, turning 1/4 LF side L across the slot; Anchor R / L, R to end facing RLOD, turn L thumb back to normal, hold;
[W: Forward R, forward L with slight left side leading, turning 1/4 LF to face Man close R / continue LF turn close L and spin 3/4 LF to face RLOD, forward R toward RLOD; Forward L / lock RXib, forward L, quickly swivel RF on ball of L to face to end in LOP-FCG facing LOD, -;]
- 3 -)4 **[Man's Underarm Turn (12 3&4 5&6)]** Back L raising joined lead hands toward your own head, turning 1/4 RF to face COH forward R out of the slot and placing joined lead hands on Man's R shoulder with Woman behind Man, close L / close R, turning 1/4 RF side L down the slot; Lowering joined lead hands anchor R / L, R to end in LOF-FCG facing LOD;
[W: Forward R, forward L with CBM passing behind the Man, side R along the slot commencing to turn LF / LXiF continuing to turn LF, back R now facing RLOD having made 1/2 turn; Anchor L / R, L to end in LOP-FCG;]

- (4 - 6) **[Sugar Kicks and Lock (12 3&4 5&6 7&8 9&10)]** Back L, close R turning 1/4 RF to LOP facing WALL; Kick L / step on ball of L nearly closing, replace R, kick L / step on ball of L nearly closing, replace R; (lock) Thru L / lock RXiB, forward L, anchor R / L, R to end in LOP-FCG facing LOD;
[W: Forward R, forward L small step; Kick R / step on ball of R nearly closing, replace L, kick R / step on ball of R nearly closing, replace L; (lock) Turning 1/4 LF to LOP facing WALL thru R / lock LXiB, forward R, anchor L / R, L to end in LOP-FCG facing RLOD;]
- 7 - 8 **[Whip (12 3&4 56 7&8)]** Repeat the action from measures 7 and 8 of Part A.

Part C

- 1 - 8 Back 2, -, Back / Lock, Back; Twice; Lariat; ; Wrapped Whip; ; Man's Wrapped Whip (8); ; Sugar Side Break (4); Four Times; ; ;**
- 1 - 2 **[Back 2, -, Back / Lock, Back; Twice (12 3&4 56 7&8)]** Dropping all hands back L, back R, back L / lock RXif, back L; Back R, back L, back R / lock LXif, back R;
- 3 - 4 **[Lariat (12 3&4 56 7&8)]** Rock side L, recover R, close L / close R, close L; Rock side R, recover L, close R / close L, close R extending lead hand to Woman to end in LOP-FCG facing LOD;
[W: Walking around Man in one full RF circle and trailing your R hand across his shoulders and down his L arm forward R, forward L, forward R / lock LXib, forward R; Forward L, forward R, continuing RF turn side L / RXiF, side and back L to end in LOP-FCG facing facing RLOD;]
- 5 - 6 **[Wrapped Whip (12 3&4 56 7&8)]** Joining all hands back L turning 1/4 RF to face WALL, raising joined lead hands close R, close L / close R, lowering joined lead hands over Woman's head turn 1/4 RF side L across the slot without turning Woman to end behind Woman with joined lead hands on Woman's L hip and joined trail hands on Woman's R hip both facing RLOD; Turn RF 1/4 side R to face COH and releasing trail hands from Woman's R hip, continue RF turn 1/4 forward L down LOD, anchor R / L, R to end in LOP-FCG facing LOD;
[W: Forward R, forward L, forward R small step / close L, back R; Back L, back R, anchor L / R, L to end in LOP-FCG facing RLOD;]
- 7 - 8 **[Man's Wrapped Whip (12 3&4 56 7&8)]** Joining all hands back L, raising joined lead hands toward your own head side R out of the slot, close L / close R, lowering joined lead hands to Man's R hip with joined trail hands near Man's L hip side L across the slot; Releasing trail hands back R checking, recover L, anchor R / L, R to end in LOP-FCG facing LOD;
[W: Forward R, forward L with CBM passing Man on his left side, side R along the slot small step commencing to turn LF / LXiF continuing to turn LF, side R now facing LOD having made 1/2 turn; Forward L down LOD pass Man on his R side, spin 1/2 LF on ball of L to face RLOD step back R down LOD, anchor L / R, L to end in LOP-FCG facing RLOD;]
- 9 - 12 **[Sugar Side Break (12 3&4&)]** Dropping all hands back L, close R, side L / side R, in L / close R; Repeat action 3 more times; ; ;

Part D

- 1 - 12 Left Side Pass Tuck and Turn (6); -, -, Underarm Turn to SCP (6); ; Left Side Pass Tuck and Turn (6); -, -, Left Side Pass (6); ; Whip (8); ;**
- 1 -)2 **[Left Side Pass Tuck and Turn (12 3&4 5&6)]** Back L turning 1/4 LF to face COH, close R raising joined lead hands, close L / close R allowing Woman to pass under joined lead hands, turning 1/4 LF to face RLOD forward L; Anchor R / L, R to end in LOP-FCG facing RLOD, -,
[W: Forward R, forward L with CBM, side and forward R turning 1/8 LF to face DRW / forward L place L directly in front of R still facing DRW, turning 1/4 RF to face DRC forward R and turning RF under joined lead hands; Continuing RF turn side L / RXiF, side and back L to end in LOP-FCG facing LOD;]

- (2 - 3) **[Underarm Turn to SCP (12 3&4 5&6)]** Back L turning 1/4 RF to face COH, close R raising joined lead hands; Close L passing joined lead hands over Woman's head and placing Man's R hand on Woman's L shoulder/ close R, close L allowing Woman to turn under joined lead hands and into the Man's R hand, lowering joined lead hands anchor R / L, R to end in facing COH with Woman facing RLOD in Modified SCP;
[W: Forward R, forward L with CBM, side R along the slot commencing to turn LF under joined lead hands / LXiF continuing to turn LF under joined lead hands, raising L elbow over Man's R arm back R now facing RLOD having made 1/2 turn LF under joined lead hands; Anchor L / R, L to end in facing RLOD in Modified SCP;]
- 4 -)5 **[Left Side Pass Tuck and Turn (12 3&4 5&6)]** Side L moving toward RLOD, close R raising joined lead hands and releasing R hand from Woman's back, close L / close R allowing Woman to pass under joined lead hands, turning 1/4 LF to face RLOD forward L; Anchor R / L, R to end in LOP-FCG facing RLOD, -,
[W: Forward R, forward L with CBM, side and forward R turning 1/8 LF to face DRW / forward L place L directly in front of R still facing DRW, turning 1/4 RF to face DRC forward R and turning RF under joined lead hands; Continuing RF turn side L / RXiF, side and back L to end in LOP-FCG facing LOD;]
- (5 - 6) **[Left Side Pass (12 3&4 5&6)]** Repeat Measures 4 -)5 from Part A.
- 7 - 8 **[Whip (12 3&4 56 7&8)]** Repeat the action from measures 7 and 8 of Part A.

Repeat Part A

Repeat Part B

Repeat Part C

Ending

- 1 - 3 **Sugar Double Side Break (6); -, -, Sugar to Turn Touch (Snap).**
- 1 -)2 **[Sugar Double Side Break (12 3&4& 5&6&)]** Dropping all hands back L, close R, side L / side R, in L / close R; Side L / side R, in L / close R;
- (2 - 3) **[Sugar to Pose (12 3---)]** Back L, close R, turning RF 1/4 to face WALL side L, tap R snap fingers.

BEAT IT – LAMBERTY – WCS IV+1+3 – 2:50 – BERK & THE VIRTUAL BAND

INTRO (4 Meas)

Wait 1 meas; Side Snap 2x; Side Snap fc WALL, fc RLOD; Fc COH, Triple to Fc;

PART A (8 Meas)

Underarm Turn ~ Tuck & Spin ;;; Side Pass ~ Sugar Push ;;; Whip Turn ;;

PART B (8 Meas)

Running Side Pass She overturns & Swivel to Fc ;; Man's Underarm Turn ~ Sugar to Kick Ball Chg 2x Fwd Lock & Triple to Fc ;;; Whip Turn ;;

PART C (12 Meas)

Back TWO & Cha 2x ;; Lariat ;; Wrapped Whip ;; Man's Wrapped Whip ;;
Sugar to Quick Side Breaks 4x ;;;

PART D (8 Meas)

Side Pass w/ Tuck & Turn ~ Underarm Turn to SCP ;;;
Side Pass w/ Tuck & Turn ~ Side Pass ;;; Whip Turn ;;

PART A (8 Meas)

Underarm Turn ~ Tuck & Spin ;;; Side Pass ~ Sugar Push ;;; Whip Turn ;;

PART B (8 Meas)

Running Side Pass She overturns & Swivel to Fc ;; Man's Underarm Turn ~ Sugar to Kick Ball Chg 2x Fwd Lock & Triple to Fc ;;; Whip Turn ;;

PART C (12 Meas)

Back TWO & Cha 2x ;; Lariat ;; Wrapped Whip ;; Man's Wrapped Whip ;;
Sugar to Quick Side Breaks 4x ;;;

ENDING (3 Meas)

Sugar Double Side Breaks ~ Sugar Turn Touch/Snap ;;;