

Beat It Up

48 count, 4 wall, intermediate/advanced level
Choreographer: Masters In Line (Dec 2004)
Choreographed to: The Boogie That Be by Black Eyed Peas, Album – Elephunk (105 bpm); Crazy In Love by Beyonce

Count in: 32 counts from where beat kicks in.

1-8 WALK ROCK STEPS X2, CROSS, SIDE, BEHIND, SIDE, CROSS

- 1-2& Walk forward on right foot, rock left foot to left side, rock right foot in place
3-4& Walk forward on left foot, rock right foot to right side, rock left foot in place
5-6 Cross right foot in front of left foot, step left foot to left side
7&8 Cross right foot behind left foot, step left foot to left side, cross right foot in front of left foot

9-16 BACK ROCK HITCHES X2, STEP BACK, TOUCH, BRUSH, OUT-OUT

- 9&10 Rock back on left foot, rock forward on right foot, rock back on left foot and hitch right knee up
11&12 Rock back on right foot, rock forward on left foot, rock back on right foot and hitch left knee up
13-14 Step back on left foot, touch right toe back
15&16 Brush right foot next to left foot, step right foot to right side, step left foot to left side

17-24 BEND KNEES, IN-OUT, LUNGE, HIP ROCK, SLIDE, ROCK & TOUCH, HITCH & TOUCH

- 17&18 Bend knees and point them in towards each other, turn both knees out away from each other, lean across on right foot picking right shoulder up and kicking left foot low to left side, (knees are still bent)
&19&20 Step left foot down, push hips to left side, push hips to right side, push left foot a big step to left side
21&22 Cross rock right foot in front of left foot, rock left foot in place, touch right toe to right side
23&24 Hitch right knee up, step right foot down next to left foot, touch left toe to left side

25-32 SAILOR STEPS X2, CROSS WALKS X3, KNEE ROLL 1/2 TURN

- 25&26 Cross left foot behind right foot, step right foot to right side, step left foot in place
27&28 Cross right foot behind left foot, step left foot to left side, step right foot in place
29-30 Walk left foot forward slightly in front of right, walk right foot forward slightly in front of left
31&32 Step forward on left foot, pick both heels up off the floor roll right knee then left knee whilst making 1/2 turn to right, right heel hits the floor on the & count left heel on count 32.

33-40 STEP LOCK STEPS WITH 1/2 TURNS X4

- 33,34& Step right foot to right diagonal, lock left foot behind right foot, step right foot to right side
35,36& Step left foot to left diagonal, lock right foot behind left foot, make a 1/2 turn right and step left foot to left side
37-40& Repeat steps 33-36&

41-48 &CROSS, SIDE, &CROSS, SIDE, &CROSS, 1/4, SIDE, JUMP, JUMP

- 41,42& Cross right foot in front of left foot, step left foot to left side, step back on right foot
43,44& Cross left foot in front of right foot, step right foot to right side, step back on left foot
45-46 Cross right foot in front of left foot, make a 1/4 right and step back on left foot
47&48 Step right foot to right side, with feet together do two small jumps to right side

Notes: Really cool funky dance, will fit to any music with a similar beat.
