

“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](#)