

# Stir It Up

Compte: 32

Mur: 2

Niveau:

Chorégraphe: Rick Bates (USA) & Deborah Bates (USA)

Musique: Momma Ain't Home Tonight - Confederate Railroad



## ROCKING CHAIR, STEP, ¾ TO THE LEFT SPIN, STEP, FORWARD SHUFFLE

- 1-2 Step forward on right foot; rock back onto left foot  
3-4 Step back on right foot; rock forward onto left foot  
5 Step forward on right foot  
& Execute a ¾ to the left spin on ball of right foot  
6 Step forward on left foot  
7&8 Shuffle forward (right, left, right)

## HEEL-BALL-STOMP, CLAPS, SIDE ROCK STEP, CROSSOVER SHUFFLE

- 9 Touch left heel forward  
& Step onto ball of left foot next to right  
10 Stomp forward onto right foot  
11-12 Hold and clap hands twice  
13-14 Step to the left on left foot; rock to the right onto right foot  
15&16 Cross left foot over right and step; with feet crossed, step slightly to the right on right foot; with feet crossed, step slightly to the right on left foot

## STEP, ½ TO THE LEFT SPIN, STEP, TO THE LEFT MILITARY TURN, FORWARD STOMPS, CLAPS

- 17 Step to the right on right foot  
& Execute a ½ to the left spin on ball of right foot  
18 Step forward on left foot  
19-20 Step forward on right foot; pivot ¼ turn to the left on ball of right foot and shift weight to left foot  
21-22 Stomp forward on right foot; stomp forward on left foot  
23&24 Hold and clap hands three times

## KNEE POPS WITH HAND MOVEMENTS, STIR THE KETTLE WITH TO THE LEFT HIP ROLLS

**Hand position for counts 25-28. Fold hands together, leaving index fingers pointing outward and thumbs up (as if firing a six-shooters)**

- 25-26 Pop left knee inward toward right knee, turn body and head to the right while pointing both hands to the right at shoulder level and flick wrist twice (downward)  
& Shift weight to left foot, turn body and head back to starting wall  
27-28 Pop right knee inward toward left knee, turn body and head to the left while pointing both hands to the left at shoulder level and flick wrist twice (downward)

**Hand position for counts 29-32. Make a fist with both hands palms down, hands touching**

- 29-30 Draw hands toward and than away from body in a full circular motion from left to right (as if stirring a big kettle) while rotating hips one full revolution in a circle to the left on these two beats  
31-32 Draw hands toward and than away from body in a full circular motion from left to right (as if stirring a big kettle) while rotating hips one full revolution in a circle to the left on these two beats

**REPEAT**