

# Stir It Up

COPPER KNOB  
STEPPERS

拍数: 32                      墙数: 2                      级数:  
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音乐: 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**