

Stir It Up

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Malene Jakobsen (DK) - November 2015
音樂: Stir It Up - Patti LaBelle : (Album: The Universal Masters Collection Classic Patti LaBelle, iTunes)



Intro: 16 counts from the beat, 19 sec. seconds into track, dance begins with weight on L

Restart: There are 2 Restarts. On wall 6 after 16 counts facing 9.00 and on wall 10 after 8 counts facing 12.00

[1-8] Cross, side, sailor 1/2. Ball cross, 1/4, 1/4 with drag

1-2 (1) Cross R over L, (2) step L to L 12.00
3&4 (3) Turn 1/4 R stepping back on R, (&) turn 1/4 R stepping L to L, (3) cross R over L 6.00
&5 (&) Step L to L, (5) cross R over L 6.00
6-7-8 (6) Turn 1/4 R stepping back on L, (7) turn 1/4 R stepping R to R, (8) drag L towards R 12.00

NOTE: Second restart is here, you will be facing 12.00 – do the ball from section 2 step and start again

[9-16] Ball cross, 1/4, chasse, cross, side, sailor 1/4

&1-2 (&) Step L next to R, (1) cross R over L, (2) turn 1/4 R stepping back on L 9.00
3&4 (3) Step R to R, (&) step L next to R, (4) step R to R 9.00
5-6 (5) Cross L over R, (6) step R to R 9.00
7&8 (7) Turn 1/4 L stepping back on L, (&) step slightly back on R, (8) step fwd. on L 12.00

NOTE: First restart is here, you will be facing 9.00

[17-24] Walk fwd., R mambo, walk back, coaster

1-2 (1-2) Walk fwd. R, L 12.00
3&4 (3) Rock fwd. on R, (&) recover onto L, (4) step back on R 12.00
5-6 (5-6) Walk back L, R 12.00
7&8 (7) Step back on L, (&) step R next to L, (8) step fwd. on R 12.00

[25-32] Fwd. rock, back, scoot back, back, ball, back rock, step, pivot 1/4

1-2 (1) Rock fwd. on R, (2) recover onto L 12.00
3&4 (3) Step back on R, (&) make small jump back on R, (4) step back on L 12.00
&5-6 (&) Step R next to L, (5) rock back on L, (6) recover onto R 12.00
7&8 (7) Step fwd. on L, (&) step fwd. on R, (8) turn 1/4 L (weight now on L) 9.00

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