

Stir It Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: 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