

Stir Me Up

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rep Ghazali (SCO) - October 2008
音樂: Stir Me Up - Hadise : (CD: Hadise - Sweat)



Intro: 32 count intro

(1-8) RIGHT FORWARD MAMBO, LEFT COASTER PRISSY, PRISSY WALK RIGHT-LEFT, ½ TURN LEFT-TOGETHER-FLICK

1&2 rock forward Right, recover on Left, step back Right
3&4 step back Left, step Right together, cross step Left over Right
5-6 cross step Right over Left, cross step Left over Right
7&8 ½ turn Left stepping back Right, step Left together, flick on Right to Right side (6)

(9-16) RIGHT CROSS MAMBO, ¼ TURN LEFT SAILOR, RIGHT CROSS-AND-HEEL, SIDE-BEHIND-SIDE-BEHIND

1&2 rock Right across Left, recover on Left, step Right to Right side
3&4 ¼ turn Left sweep and step Left behind Right, step Right to Right side, step Left to Left side
5&6 cross Right over Left, step back Left, touch Right heel diagonally forward Right
&7&8 Right to Right side, cross Left behind Right, step Right to Right side, cross Left behind Right
(3)

(&7&8: make a small step)(restart: wall 3 at 9 o'clock wall & wall 6 at 6 o'clock wall)

(17-24) SKATE RIGHT-½ TURN LEFT SKATE LEFT, RIGHT CROSS-AND-TOE TOUCH FWD, SIDE TOE SWITCHES, TRIPLE ¾ CURVY TURN RIGHT

1-2 skate forward Right, ½ turn Left skate forward Left (9)
3&4 cross Right over Left, step back Left, touch Right toe forward
&5&6 step back Right, touch Left to Left side, step Left together, touch Right to Right side
7&8 make ¾ turn Right by stepping Right-Left-Right (7.30)

(try making a small arc as you turn. When you finish the turn, your body will be facing towards the Right corner, with the Left toe touching slightly to the Left side - prep for the full turn)

(easier option: Right sailor ¼ turn Left)

(25-32) TRIPLE FULL TURN LEFT, LEFT CROSS ROCK-RECOVER, ¼ TURN-ROCK-ROCK, ½ TURN LEFT-ROCK-ROCK

1&2 ¼ turn Left stepping forward Left, ½ turn Left stepping back Right, ¼ turn Left stepping Left to Left side (step 1&2: travelling to Left side) (6)

(easier option: Left side chasse)

3-4 cross rock Right over Left, recover on Left (6)
5&6 ¼ turn Right stepping forward Right, rock back Left, recover on Right (9)
7&8 ½ turn Left stepping forward Left, rock back Right together, recover on Left (3)

RESTART : 3rd wall at 9 o'clock & wall 6th wall at 6 o'clock wall, dance up to count 16 then restart.

TAG : Add this 16 count tag at the end of wall 7 and start again (will be facing 9 o'clock wall)

(1-8) RIGHT FORWARD MAMBO, LEFT BACK MAMBO, STEP-½ PIVOT, SHUFFLE FORWARD

1&2 rock forward Right, recover on Left, step back Right
3&4 rock back Left, recover on Right, step forward Left
5-6 step forward Right, ½ pivot turn Left
7&8 step forward Right, step Left together, step forward Right

(9-16) LEFT FORWARD MAMBO, RIGHT BACK MAMBO, STEP-½ PIVOT, SHUFFLE FORWARD

1&2 rock forward Left, recover on Right, step back Left
3&4 rock back Right, recover on Left, step forward Right

5-6 step forward Left, $\frac{1}{2}$ pivot turn Right

7&8 step forward Left, step Right together, step forward Left

ENDING: On the last wall (12th wall) dance up to count 16 (will be facing 9 o'clock wall), then make $\frac{1}{4}$ turn Right by stomping forward on Right to face the front wall.... !
