

# Stir It Up

**COPPER** KNOB  
STEPSHEETS

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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