

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com "Stir It Up" Artist: Patti LaBelle
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: CHA, CHA
DANCE LEVEL: Phase IV+2 (Opn Hip Twst, Dbl Cubans)
SPEED: 45 RPM
RELEASED: FEB 2010

SEQUENCE: INTRO – A – B – INT – C – B – D – B – END

INTRO

1 – 8 **BTFY FCNG WALL WAIT;; N-YRKR; SPT TRN; DBL CUBANS;; FNCLINE; SPT TRN – HND SHK;**
(N-Yrkr) Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L/clo R, sd L; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R; **(Dbl Cubans)** Cross L in frnt/rcvr R, sd L/rcvr R, cross L in frnt/rcvr R, sd L; cross R in frnt/rcvr L, sd R/rcvr L, cross R in frnt/rcvr L, sd R;
(Fncline) Staying in BTFY/WALL thru-lunge L, rcvr R, sd L/clo R, sd L; **(Spt Trn – Hnd Shk)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY, sd R/clo L, sd R to HND SHK - WALL;

PART A

1 – 8 **OPN HIP TWST; FAN; HCKYSTIK;; OPN BRK; WHIP & TWL – CTR; N-YRKR; SPT TRN – HND SHK;**
(Opn Hip Twst) Fwd L, rcvr R, bk L/clo R, bk L; **(Woman bk R, rcvr L, fwd R/clo L, fwd-swiv R ¼ rt fc to fc LOD);**
(Fan) Bk R, rcvr L, in plc R/L,R to FAN POSITION; **(Woman fwd L, chngng to lead hnds & trng ½ lft fc sd & bk R, bk L/lck R, bk L);** **(Hckystik)** Fwd L, rcvr R, in plc L/R,L; bk R, rcvr L, diag out twds BTFY RLOD/WALL fwd R/clo L, fwd R; **(Woman clo R to L, fwd L, fwd R/clo L, fwd R; fwd L, trng 5/8 lft fc undr lead hnds bk R, bk L/clo R, bk L);** **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L;
(Whip & Twl – Ctr) Cross lead hnds ovr trail hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/COH, sd R/clo L, sd R;
(Woman crossing in frnt of Man fwd L, trng ½ lft fc bk R to fc Man, undr lead hnds twl full lft fc trn in plc L/R,L);
(N-Yrkr) Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L/clo R, sd L; **(Spt Trn – Hnd Shk)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY, sd R/clo L, sd R to HND SHK - COH;

9 – 16 **OPN HIP TWST; FAN; ALEMANA FRM FAN;; OPN BRK; WHIP & TWL – WALL; N-YRKR; SPT TRN;**
(Opn Hip Twst) Fwd L, rcvr R, bk L/clo R, bk L; **(Woman bk R, rcvr L, fwd R/clo L, fwd-swiv R ¼ rt fc to fc LOD);**
(Fan) Bk R, rcvr L, in plc R/L,R to FAN POSITION; **(Woman fwd L, chngng to lead hnds & trng ½ lft fc sd & bk R, bk L/lck R, bk L);** **(Alemana Frm Fan)** Fwd L, rcvr R, in plc L/R,L; cross R bhnd, rcvr L, sd R/clo L, sd R to BTFY/COH; **(Woman clo R to L, fwd L, fwd R/clo L, fwd R trng ¼ rt fc to fc Man; trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc rcvr R, sd L/clo R, sd L);** **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Whip & Twl – Wall)** Cross lead hnds ovr trail hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/WALL, sd R/clo L, sd R; **(Woman crossing in frnt of Man fwd L, trng ½ lft fc bk R to fc Man, undr lead hnds twl full lft fc trn in plc L/R,L);** **(N-Yrkr)** Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L/clo R, sd L; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R;

17 - 20 **HND TO HND – TWICE;; OPN BRK; UNDRARM TRN – LFT HND STAR;**
(Hnd To Hnd - Twice) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L/clo R, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L to BTFY, sd R/clo L, sd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Undrarm Trn – Lft Hnd Star)** Rlsng trail hnds cross R bhnd, rcvr L to BTFY, sd R/clo L, trng ¼ rt fc fwd R to LFT HND STAR; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, trng ¼ rt fc bk L);**

PART B

1 – 8 **UMBRELLA TRNS – BTFY;;; CHASE PEEK-A-BOO;;;**
(Umbrella Trns) Fwd L, rcvr R, bk L/clo R, bk L; **(Woman bk R, trng ½ lft fc undr arched hnds fwd L, bk R/clo L, bk R);** bk R, trng ½ lft fc undr arched hnds fwd L, bk R/clo L, bk R to fc LOD; **(Woman bk L, trng ½ rt fc undr arched hnds fwd R, bk L/clo R, bk L);** bk L, trng ½ rt fc undr arched hnds fwd R, bk L/clo R, bk L to fc RLOD; **(Woman bk R, trng ½ lft fc undr arched hnds rcvr L, bk R/clo L, bk R);** bk R, trng ¼ lft fc fwd L to BTFY/WALL, sd R/clo L, sd R; **(Woman bk L, trng ¼ rt fc fwd R, sd L/clo R, sd L);** **(Chase Peek-A-Boo)** In BTFY/WALL rlsng hnds & trng ½ rt fc sd L, rcvr R to COH, fwd L/clo R, fwd L; sd R look ovr lft shldr at Woman, rcvr L, in plc R/L,R; sd L look ovr rt shldr at Woman, rcvr R, in plc L/R,L; trng ½ lft fc sd R, rcvr L to BTFY/WALL, fwd R/clo L, fwd R; **(Woman rlsng hnds bk R, rcvr L Man in frnt, fwd R/clo L, fwd R; sd L, rcvr R, in plc L/R,L; sd R, rcvr L, in plc R/L,R; fwd L, rcvr R, bk L/clo R, bk L);**

STIR IT UP

INT

- 1 – 4 **DBL CUBANS;; FNCLINE; SPT TRN;**
(Dbl Cubans) Staying in BTFY cross L in frnt/rcvr R, sd L/rcvr R, cross L in frnt/rcvr R, sd L; cross R in frnt/rcvr L, sd R/rcvr L, cross R in frnt/rcvr L, sd R; **(Fncline)** Staying in BTFY/WALL thru-lunge L, rcvr R, sd L/clo R, sd L; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY, sd R/clo L, sd R;

PART C

- 1 – 10 **ALEMANA;; N-YRKR; AIDA; SWITCH RK; CRABWLK – TWICE;; SPT TRN; HND TO HND – TWICE;;**
(Alemana) Fwd L, rcvr R, sd L/clo R, sd L; cross R bhnd, rcvr L, sd R/clo L, sd R to BTFY/WALL; **(Woman bk R, rcvr L, sd R/clo L, sd R; trng ¼ rt fc undr lead hnds cross L in frnt, trng ¼ rt fc rcvr R, sd L/clo R, sd L;)**
(N-Yrkr) Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L/clo R, sd L; **(Aida)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to “V” bk to bk position to fc RLOD, bk R/clo L, bk R; **(Switch Rk)** Arcing lead hnds up & twds LOD trng 5/8 lft fc sd L to BTFY/WALL, rcvr R, twds LOD sd L/clo R, sd L; **(Crabwlk – Twice)** Staying in BTFY/WALL thru R, sd L, thru R/sd L, thru R; sd L, thru R, sd L/clo R, sd L; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY, sd R/clo L, sd R; **(Hnd To Hnd - Twice)** Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L/clo R, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L to BTFY, sd R/clo L, sd R;
- 11 – 12 **OPN BRK; UNDRARM TRN – LFT HND STAR;**
(Opn Brk) Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Undrarm Trn – Lft Hnd Star)** Rlsng trail hnds cross R bhnd, rcvr L to BTFY, sd R/clo L, trng ¼ rt fc fwd R to LFT HND STAR; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, trng ¼ rt fc bk L;)**

REPEAT PART “B”

PART D

- 1 – 6 **FNCLINE – OPN & CHA; RK FWD-RCVR & BK TRIPLE CHA’S;; RK BK-RCVR & FWD TRIPLE CHA’S;;**
(Fncline – Opn & Cha) Staying in BTFY/WALL thru-lunge L, rcvr R, sd L/clo R, trng ¼ rt fc fwd L to OPN/LOD; **(Rk Fwd/Rcvr & Bk Triple Cha’s)** Fwd R, rcvr L, bk R/clo L, bk R; bk L/clo R, bk L, bk R/clo L, bk R;
- 7 – 12 **SPT TRN; FNCLINE – TWICE;; N-YRKR – OPN & CHA; SWIV -2 & CHA; CIR AWY -2 & CHA;**
(Rk Bk/Rcvr & Fwd Triple Cha’s) Bk L, rcvr R, fwd L/clo R, fwd L; fwd R/clo L, fwd R, clo L/fwd R, clo L; **(Spt Trn)** Rlsng hnds trng ¼ lft fc thru R, pvt ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R; **(Fncline – Twice)** Staying in BTFY/WALL thru-lunge L, rcvr R, sd L/clo R, sd L; thru-lunge R, rcvr L, sd R/clo L, sd R; **(N-Yrkr – Opn & Cha)** Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, sd L/clo R, trng ¼ lft fc fwd L to OPN/LOD; **(Swiv -2 & Cha)** In OPN/LOD with swiv action fwd R, fwd L, fwd R/clo L, fwd R; **(Cir Awy -2 & Cha)** Rlsng hnds trng 3/8 lft fc fwd L, fwd R, fwd L/clo R, fwd L;
- 13 – 18 **BK TOG -2 & CHA; N-YRKR; SPT TRN; FNCLINE – TWICE;; OPN BRK; UNDRARM TRN – LFT HND STAR;**
(Bk Tog -2 & Cha) Trng 3/8 lft fc fwd R, fwd L, fwd R/clo L, fwd R to BTFY/WALL; **(N-Yrkr)** Rlsng trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcvr R to BTFY, **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R; **(Fncline – Twice)** Staying in BTFY/WALL thru-lunge L, rcvr R, sd L/clo R, sd L; thru-lunge R, rcvr L, sd R/clo L, sd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Undrarm Trn – Lft Hnd Star)** Rlsng trail hnds cross R bhnd, rcvr L to BTFY, sd R/clo L, trng ¼ rt fc fwd R to LFT HND STAR; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, trng ¼ rt fc bk L;)**

REPEAT PART “B”

END

- 1 – 5 **BRK BK – OPN & CHA; SWIV -2 & CHA; FWD ½ BASIC; BK ½ BASIC; CUCARACHA – BTFY;**
(Brk Bk – Opn & Cha) Rlsng lead hnds & trng ¼ lft fc cross R bhnd, rcvr L to OPN LOD, fwd L/clo R, fwd L; **(Swiv -2 & Cha)** In OPN/LOD with swiv action fwd R, fwd L, fwd R/clo L, fwd R; **(Fwd ½ Basic)** Fwd L, rcvr R, bk L/clo R, bk L; **(Bk ½ Basic)** Bk R, rcvr L, fwd R/clo L, fwd R; **(Cucaracha – Btfy)** Sd L, trng ¼ rfc fwd R, in plc L/R,L to BTFY/WALL;
- 6 – 7 **BK ½ BASIC; STP SD & THRU PNT;**
(Bk ½ Basic) Bk R, rcvr L, fwd R/clo L, fwd R; **(Stp Sd & Thru Pnt)** Sd L-, rlsng lead hnds & trng ¼ lft fc to OPN/LOD thru-pnt R -;

