

## **Irish Stew**

**4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.**

**Choreographed by:- Lois Lightfoot (UK) February 2005.**

**Choreographed to:- 'Irish Stew' (125 bpm) by Sham Rock from 'Sham Rock - The Album', 32-count intro – start on vocals.**

**Music Suggestion:-'Women Rule' (130 bpm) by Lonestar from 'Let's Be Us Again' CD; 'Days Go By' (130 bpm) by Keith Urban from 'Be Here' CD, both start on vocals.**

### **Section 1 Side Switches, Clap Twice, Heel Switches Forward, Clap Twice.**

1 & Touch right to right side. Step right beside left. Right & On the spot

2 & Touch left to left side. Step left beside right. Left &

3 & 4 Touch right to right side. Clap hands twice. Right Clap Clap

5 & Touch right heel forward. Step right beside left. Heel &

6 & Touch left heel forward. Step left beside right. Heel &

7 & 8 Touch right heel forward. Clap hands twice. Heel Clap Clap

### **Section 2 Shuffle Forward, Rock Recover, Coaster Step, Pivot 1/2 Turn.**

1 & 2 Step right forward. Step left beside right. Step right forward. Shuffle Step Forward

3 - 4 Rock left forward. Recover onto right. Rock Step On the spot

5 & 6 Step left back. Step right beside left. Step left forward. Coaster Step

7 - 8 Step right forward. Pivot 1/2 turn left. Step Pivot Turning left

### **Section 3 Cross Rock, Right Chasse, Cross Rock, Left Chasse.**

1 - 2 Cross rock right over left. Recover onto left. Cross Rock On the spot

3 & 4 Step right to right side. Step left beside right. Step right to right side. Side Close Side Right

5 - 6 Cross rock left over right. Recover onto right. Cross Rock On the spot

7 & 8 Step left to left side. Step right beside left. Step left to left side. Side Close Side Left

### **Section 4 Toe Touches, Sailor Step, Toe Touches, Sailor 1/4 Turn Left.**

1 - 2 Touch right forward. Touch right to right side. Front Side On the spot

3 & 4 Cross right behind left. Step left to left side. Step right in place. Sailor Step

5 - 6 Touch left forward. Touch left to left side. Front Side

7 & 8 Cross left behind right turning 1/4 left. Step right to right side. Step left in place. Sailor Turn Turning left