

IRISH STEW

Choreographed by: Lois Lightfoot (UK) February 2005
 Music: **Irish Stew by Sham Rock from Sham Rock - The Album** (125 bpm)
 Descriptions: 32 count - 4 wall line dance - Beginner/Intermediate level

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.
 2 & Touch left to left side. Step left beside right.
 3 & 4 Touch right to right side. Clap hands twice.
 5 & Touch right heel forward. Step right beside left.
 6 & Touch left heel forward. Step left beside right.
 7 & 8 Touch right heel forward. Clap hands twice.

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

1 & 2 Step right forward. Step left beside right. Step right forward.
 3 - 4 Rock left forward. Recover onto right.
 5 & 6 Step left back. Step right beside left. Step left forward.
 7 - 8 Step right forward. Pivot 1/2 turn left.

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

1 - 2 Cross rock right over left. Recover onto left.
 3 & 4 Step right to right side. Step left beside right. Step right to right side.
 5 - 6 Cross rock left over right. Recover onto right.
 7 & 8 Step left to left side. Step right beside left. Step left to left side.

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

1 - 2 Touch right forward. Touch right to right side.
 3 & 4 Cross right behind left. Step left to left side. Step right in place.
 5 - 6 Touch left forward. Touch left to left side.
 7 & 8 Cross left behind right turning 1/4 left. Step right to right side. Step left in place. Turn

