

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.
- 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.

Repeat

Quelle:

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