



Irish Stew



Lois Lightfoot

Script approved by

| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION | |
|------------------|---|--------------------|--------------|---------|
| 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 | |

BEGINNER/INTERMEDIATE

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.