

# Irish Stew

Choreographed by Lois Lightfoot (UK) February 2005

Description: 32 count, 4 wall, Beginner/Intermediate Level Line Dance

Music: 'Irish Stew' (125bpm) by Sham Rock from 'Sham Rock - The Album'

Alternative: 'Women Rule' (130bpm) by Lonestar (CD: 'Let's Be Us Again')

'Days Go By' (130bpm) by Keith Urban (CD: 'Be Here')

**Choreographers Note:** Start dance on vocals, 32 count intro. Alt music: start on vocals

## **(1-8) SIDE SWITCHES, CLAP x2, HEEL SWITCHES FWD, CLAP x2**

- 1& Touch R to R side, Step R beside L
- 2& Touch L to L side, Step L beside R
- 3&4 Touch R to R side, Clap hands twice
- 5& Touch R heel forward, Step R beside L
- 6& Touch L heel forward, Step L beside R
- 7&8 Touch R heel forward, Clap hands twice

## **(9-16) SHUFFLE FWD, ROCK RECOVER, COASTER STEP, PIVOT 1/2 TURN**

- 1&2 Step R forward, Step L beside R, Step R forward
- 3,4 Rock L forward, Recover onto R
- 5&6 Step L back, Step R beside L, Step L forward
- 7,8 Step R forward, Pivot 1/2 turn L

## **(17-24) CROSS ROCK, RIGHT CHASSE, CROSS ROCK, LEFT CHASSE**

- 1,2 Cross rock R over L, Recover onto L
- 3&4 Step R to R side, Step L beside R, Step R to R side
- 5,6 Cross rock L over R, Recover onto R
- 7&8 Step L to L side, Step R beside L, Step L to L side

## **(25-32) TOE TOUCHES, SAILOR STEP, TOE TOUCHES, SAILOR 1/4 TURN LEFT**

- 1,2 Touch R forward, Touch R to R side
- 3&4 Cross R behind L, Step L to L side, Step R in place
- 5,6 Touch L forward, Touch L to L side
- 7&8 Cross L behind R turning 1/4 L, Step R to R side, Step L in place

Start Again