



Irish Stew

Choreographed by Lois Lightfoot

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: Irish Stew by Sham Rock [ECS / The Album]

Women Rule The World by Lonestar [Let's Be Us Again]

Days Go By by Keith Urban [132 bpm / Be Here]

Sold by John Michael Montgomery [120 bpm ECS/Polka / John Michael Montgomery / Greatest Hits / CD: Country Fun]

Tell Me Ma by Sham Rock [144 bpm / CD: Sham Rock - The Album (Buy by phone at 1 800 272-7936) / CD: Line Dance Fever 5 / CD: I Love Line Dancing 5 6 7 8]

SIDE SWITCHES, CLAP TWICE, HEEL SWITCHES FORWARD, CLAP TWICE

- 1& Touch right toe out to side, bring right back in place
- 2& Touch left toe out to side, bring left foot back in place
- 3&4 Touch right toe out to side clap twice
- 5& Touch right heel forward, bring right foot back in place
- 6& Touch left heel forward, bring left foot back in place
- 7&8 Touch right heel forward, clap hands twice

SHUFFLE FORWARD, ROCK RECOVER, COASTER STEP, PIVOT ½ TURN

- 1&2 Step right foot forward, step left foot next to right, step right foot forward
- 3-4 Rock forward onto left foot, recover weight onto right foot
- 5&6 Step left foot back, step right foot next to left, step left foot forward
- 7-8 Step forward onto right foot, pivot ½ turn to left

RIGHT CROSS ROCK, CHASSE SIDE, LEFT CROSS ROCK CHASSE SIDE

- 1-2 Cross rock right foot over left, recover weight onto left foot
- 3&4 Step right foot to side, close left to right, step right foot to side
- 5-6 Cross rock left foot over right foot, recover weight onto right foot
- 7&8 Step left foot to side, close right next to left, step left foot to side

TOE TOUCHES, SAILORS SHUFFLE, TOE TOUCHES, SAILORS ¼ TURN LEFT

- 1-2 Touch right toe forward, touch right toe to side
- 3&4 Cross right foot behind left, step left foot to side, step right foot to side
- 5-6 Touch left toe forward, touch left toe to side
- 7&8 Cross left behind right making ¼ turn left, step right to side, step left next to right

REPEAT

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