



Irish Stew



Lois Lightfoot

BEGINNER/INTERMEDIATE

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

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.