



Irish Stew

Choreographed by Lois Lightfoot

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

Music: **Irish Stew** by Sham Rock [125 bpm / The Album / Available on iTunes]

Women Rule The World by Lonestar [Let's Be Us Again / Available on iTunes]

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

Sold by John Michael Montgomery [120 bpm / John Michael Montgomery / Greatest Hits / CD: Country Fun / Available on iTunes]

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

Start dancing on lyrics

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

- 1& Touch right to side, step right together
- 2& Touch left to side, step left together
- 3&4 Touch right to side, clap, clap
- 5& Touch right heel forward, step right together
- 6& Touch left heel forward, step left together
- 7&8 Touch right heel forward, clap, clap

SHUFFLE FORWARD, ROCK RECOVER, COASTER STEP, TURN ½

- 1&2 Chassé forward right, left, right
- 3-4 Rock left forward, recover to right
- 5&6 Step left back, step right together, step left forward
- 7-8 Step right forward, turn ½ left (weight to left)

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

- 1-2 Cross/rock right over left, recover to left
- 3&4 Chassé side right, left, right
- 5-6 Cross/rock left over right, recover to right
- 7&8 Chassé side left, right, left

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

- 1-2 Touch right forward, touch right to side
- 3&4 Right sailor step
- 5-6 Touch left forward, touch left to side
- 7&8 Cross left behind right, turn ¼ left and step right to side, step left to side

REPEAT

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