



Irish Stew

Choreographed by: Lois Lightfoot (UK) – March 2024
Description: 32 Count, Improver 4 wall line dance

Music: "Irish Stew" by Shamrock

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

- 1& Touch right toe to side, step right together
- 2& Touch left toe to side, step left together
- 3&4 Touch right toe 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 Step right forward, step left together, step right forward
- 3-4 Rock left forward, recover onto 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 onto left
- 3&4 Step right to side, step left together, step right to side
- 5-6 Cross/rock left over right, recover onto right
- 7&8 Step left to side, step right together, step left to side

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

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

REPEAT

