

Irish stew

Lois Lightfoot

Type : 32 count, 4 Wall, lilt (Polka)

Level : Social

Music : "Irish stew" Sham Rock (BPM 126)

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

1 RF touch toe to the right side (3:00)

& RF step next to LF

2 LF touch toe to the left side (9:00)

& LF step next to RF

3 RF touch toe to the right side (3:00)

& clap

4 clap

5 RF touch heel forward (12:00)

& RF step next to LF

6 LF touch heel forward (12:00)

& LF step next to RF

7 RF touch heel forward (12:00)

& clap

8 clap

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

1 RF step forward (face 12:00)

& LF step close to RF

2 RF step forward

3 LF rock forward

4 RF recover

5 LF step back

& RF step next to LF

6 LF step forward

7 RF step forward

8 LF ½ turn left, step forward

RIGHT CROSS ROCK, CHASSE, LEFT CROSS ROCK, CHASSE

1 RF rock in front of LF (face 6:00)

2 LF recover

3 RF step to the right side (9:00)

& LF step next to RF

4 RF step to the right side (9:00)

5 LF rock in front of RF

6 RF recover

7 LF step to the left side (3:00)

& RF step next to LF

8 LF step to the left side (3:00)

TOE TOUCHES, SAILOR STEP, TOE TOUCHES, SAILOR STEP with ¼ TURN

1 RF touch toe forward (face 6:00)

2 RF touch toe to the side (9:00)

3 RF cross behind LF

& LF step to the left side

4 RF step to the right side

5 LF touch toe forward (6:00)

6 LF touch toe to the side (3:00)

7 LF ¼ turn left, cross behind RF (face 3:00)

& RF step to the right side (6:00)

8 LF step to the left side (12:00)