

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)