

Irish Stew

拍数: 32 墙数: 4 级数: Improver
编舞者: Lois Lightfoot (UK)
音乐: Irish Stew - Sham Rock



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
