



# Irish Stew

## For Wheelchair Users

### 4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Hand Struts, Claps</b>		
1 & 2	Both hands, tips of fingers then palms flat on thighs.	Strut	On the spot
& 3	Both hands, tips of fingers on thighs.	Strut	
& 4	Clap hands. (Clap twice if you can).	Clap	
5 & 6	Both hands, tips of fingers then palms flat on thighs.	Strut	
& 7	Both hands, tips of fingers on thighs.	Strut	
& 8	Clap hands. (Clap twice if you can).	Clap	
<b>Section 2</b>	<b>Roll Forward, 1/2 Turn</b>		
1 - 4	Roll forward	Roll	Forward
5 - 8	Make 1/2 turn left.	Half Turn	Turning left
<b>Section 3</b>	<b>Roll/Rock Forward, Swivel x 2, Roll/Rock Forward, Swivel x 2</b>		
1 - 2	Roll slowly forward. Roll slowly backward.	Roll Rock	Forward
3 - 4	Swivel chair diagonally right. Swivel chair diagonally left for return home.	Swivel	Right Left
5 - 6	Roll slowly forward. Roll slowly backward.	Roll Rock	Forward
7 - 8	Swivel chair diagonally left. Swivel chair diagonally right to return home.	Swivel	Left Right
<b>Section 4</b>	<b>Extension Right, Extension Left, 1/4 Turn Left</b>		
1 - 2	Extend right arm with opened palm of right hand.	Extension Right	On the spot
3 - 4	Extend left arm with opened palm of left hand.	Extension Left	
5 - 8	Make 1/4 turn left.	Quarter Turn	Turning left

**Originally choreographed by:** Lois Lightfoot (UK) February 2005

**Adapted for wheelchair users by:** Gilles Bataille (France) May 2009

**Choreographed to:** 'Irish Stew' by Sham Rock (126 bpm) from CD Sham Rock - The Album; also available as download from amazon.co.uk or iTunes (32 count intro)

**Choreographer's Note:** Start position - hands on thighs