

Coastin'

Choreographed by Ray & Tina Yeoman

Description: 40 count, 4 wall, intermediate line dance

Musique: **Lord Of The Dance** by Ronan Hardiman [Lord Of The Dance Soundtrack
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WALK RIGHT, LEFT, KICK RIGHT, COASTER, KBC

1-2 Step right foot forward, step left foot forward
3-4 Kick right foot forward, step right foot back in place
5&6 Step left back, step right beside left, step left forward
7&8 Kick right forward, step right beside left, step left in place
9-16 Repeat 1-8

IRISH HEEL / TOE TOUCHES (X2, RIGHT THEN LEFT)

Place hands on hips during next 16 counts (as per chorus line in "Lord of the Dance")

17&18 Touch right heel slightly forward, step right beside left, touch left
toe beside right
19&20 Touch left heel slightly forward, step left beside right, touch right
toe beside left
21-24 Repeat 17-20

RIGHT FORWARD, SIDE, TRIPLE (RIGHT THEN LEFT)

25-26 Touch right heel forward, touch right heel to right side
27&28 Shuffle on spot (right, left, right)
29-30 Touch left heel forward, touch left heel to left side
31&32 Shuffle on spot (left, right, left)

RIGHT STEP TO RIGHT, SLIDE, ¼ TURNING SHUFFLE, STEP, PIVOT, SHUFFLE

(Remove hands from hips now)

33-34 Step right to right, slide left up beside right with clap
35&36 Shuffle to right with ¼ turn right (right, left, right)
37-38 Step forward left, pivot turn ½ right
39&40 Shuffle forward (left, right, left)

REPEAT

The biggest problem with this dance is fitting the music! The recommended track increases tempo, somewhat erratically.
Start the dance at time: 1:06:50

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