

Coastin'

Choreographed by Ray & Tina Yeoman

Description: 40 count, 4 wall, intermediate line dance

Music: Lord Of The Dance by Ronan Hardiman, Album: Lord Of The Dance Soundtrack

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