



Coastin'

Choreographed by Ray & Tina Yeoman
Description: 40 count, 4 wall, intermediate line dance
Music: Lord Of The Dance by Ronan Hardiman

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