

Coastin'

Choreographed by Ray & Tina Yeoman

Description: 40 count, 4 wall, beginner/intermediate line dance

Musica: Lord Of The Dance by Ronan Hardiman [CD: Lord Of The Dance Soundtrack / Lord Of The Dance Soundtrack /]

Start dancing on lyrics

WALK RIGHT, LEFT, KICK RIGHT, COASTER, KICK BALL CHANGE

1-2 Step right forward, step left forward

3-4 Kick right forward, step right back

5&6 Step left back, step right together, step left forward

7&8 Right kick ball change

9-16 Repeat 1-8

IRISH HEEL/TOE TOUCHES (TWICE, 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 forward, step right together, touch left together

19&20 Touch left heel forward, step left together, touch right together

21-24 Repeat 17-20

RIGHT FORWARD, SIDE, TRIPLE (RIGHT THEN LEFT)

25-26 Touch right heel forward, touch right heel to side

27&28 Triple in place stepping right, left, right

29-30 Touch left heel forward, touch left heel to side

31&32 Triple in place stepping left, right, left

RIGHT STEP TO RIGHT, SLIDE, TURN $\frac{1}{4}$ SHUFFLE, STEP, PIVOT, SHUFFLE

(Remove hands from hips now)

33-34 Step right to side, slide/step left together (clap)

35&36 Shuffle side turning $\frac{1}{4}$ right and step right, left, right

37-38 Step left forward, turn $\frac{1}{2}$ right (weight to right)

39&40 Chassé 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