



Coastin'

Choreographed by Ray & Tina Yeoman

Description: 40 count, 4 wall, intermediate line dance**Music:** Lord Of The Dance by Ronan Hardiman [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

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