

Coastin'



Choreographed by: Ray & Tina Yeoman
Music: **Lord Of The Dance** by **Ronan Hardiman**
Type: 4 wall, 40 counts
Level: Intermediate

NOTES: 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

WALK, KICK RIGHT, COASTER, KICK BALL CHANGE

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 .

1 – 8 Repeat previous 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")

1 & 2 Touch right heel slightly forward, step right beside left, touch left toe beside right.
3 & 4 Touch left heel slightly forward, step left beside right, touch right toe beside left.
5 – 8 Repeat 1 – 4.

RIGHT FORWARD, SIDE, TRIPLE (RIGHT THEN LEFT)

1 – 2 Touch right heel forward, touch right heel to right side.
3 & 4 Shuffle on spot (right, left, right).
5 – 6 Touch left heel forward, touch left heel to left side.
7 & 8 Shuffle on spot (left, right, left).

RIGHT STEP TO RIGHT, SLIDE, ¼ TURNING SHUFFLE, STEP, PIVOT, SHUFFLE (REMOVE HANDS FROM HIPS NOW)

1 – 2 Step right to right, slide left up beside right with clap.
3 & 4 Shuffle to right with ¼ turn right (right, left, right).
5 – 6 Step forward left, pivot turn ½ right.
7 & 8 Shuffle forward (left, right, left).

Start again!