|  |  |
| --- | --- |
| Coastin' |  |

.

|  |
| --- |
| . |
| **Count:** | 40 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Ray Yeoman (UK) & Tina Yeoman (UK) |
| **Music:** | Lord of the Dance - Ronan Hardiman |
| . |

**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 | Kick right forward, step right together, step left in place |

|  |  |
| --- | --- |
| 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 toe together |

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

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

|  |  |
| --- | --- |
| 31&32 | Triple in place left, right, left |

**RIGHT STEP TO RIGHT, SLIDE, TURN ¼ 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 ¼ right and step right, left, right |

|  |  |
| --- | --- |
| 37-38 | Step left forward, turn ½ right (weight to 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**