

# COASTIN'

**Count:** 40      **Wall:** 4      **Level:** Beginner / Intermediate

**Choreographer:** Ray & Tina Yeoman

**Music:** Lord Of The Dance by 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