

Coastin - New Orleans

COPPER KNOB
STEPSHEETS

Compte: 24

Mur: 4

Niveau: Improver

Chorégraphe: Patricia Garner (USA) - December 2024

Musique: Coastin' (feat. Lalah Hathaway) - Boney James



I believe soul dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

The dance starts when the singing starts. Take it nice and easy!

FORWARD STEP, ROCK, RECOVER AT 12:00

1 2 3 4 Step forward on right bouncing on beats 1&2, step forward on left, recover on right for 4
5 6 7 8 Point left foot back bouncing on beats 5&6, rock back on right, recover on left

POINT STEPS AT 12:00

9 10 11 12 Point right foot right, recover, point left foot left, recover
13 14 15 16 Point right foot right, recover, point left foot left, recover

REPEAT STEPS 1-16 ABOVE

PIVOT RIGHT QUARTER TURN, COASTER STEPS, SIDE ROCKS BEGIN AT 12:00 ENDING AT 9:00

1 2 3&4 Step on right foot, pivot to left quarter turn staying on right foot, left coaster step
5 6 7 8 Rock to right in place bouncing for 2 beats, then to the left

REPEAT STEPS 1-8 ABOVE BEGIN AT 9 END AT 6

REPEAT STEPS 1-8 ABOVE BEGIN AT 6 END AT 3

REPEAT STEPS 1-8 ABOVE BEGIN AT 3 END AT 12

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com