

Coastin'

拍数: 40 墙数: 4 级数: Improver
编舞者: Ray Yeoman (UK) & Tina Yeoman (UK)
音乐: 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