Coaster Mix - Line or Mixer



編舞者: Mark Wuyts (BEL) - February 2022

音樂: East Bound and Down - Jerry Reed: (modified)



Can be done as a Line Dance or as a Partner Dance / Mixer, without contact.

The Steps are the same in both cases, no tags or restarts.

Intro: 16 counts, start on vocals.

Sec 1: Scissors, clap 2x; Reverse;

1-4 Side R, close L, cross R over L, clap clap;5-8 Side L, close R, cross L over R, clap clap;

Sec 2: Swivel back 4; Coasterstep;

1-4 Back R while turning L heel R, back L while turning R heel L, repeat;

5-8 Back R, close L, forward R, hold;

Sec 3: Point side, step forward, point side, close; twist 4;

1-2 Point side L, big step forward on L,

3-4 Point side R, close R;

5-8 Twist 4, heels go R-L-R-L;

Sec 4: R Vine 3, scuff; Coasterstep, 1/4L(*) scuff;

1-4 Side R, cross L in back, R side, scuff;

5-8 Back L, close R, forward L, turn ¼ L(*) and scuff;

(*) As a mixer, don't do the 1/4 turn!

As a mixer, we start in a double facing circle, men on the inside. (Partners facing each other) Both partners do exactly the same steps, so both partners start with the right foot! The only difference with the line dance is that we don't do the quarter turn to the left after the second coasterstep (*)(section 4, count 8).

The change of partner happens at the vine 3 in section 4 count 1-4, fully automatic.

There is no contact with the partner, so can be done well in this Corona time.

There are 2 versions of the music,

shortened with 8 times the dance (8 walls): https://youtu.be/ccSeGtL3W8E and a longer one, 13 times the dance for the mixer: https://youtu.be/7YyV0QGynJ4 Or You can email me for the music: melodia@telenet.be

Happy Dancing