

# Coastin'

拍數: 40      牆數: 4      級數: Improver  
編舞者: Ray Yeoman (UK) & Tina Yeoman (UK)  
音樂: 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