



## Coastin'

Choreographed by Ray & Tina Yeoman

Description: 40 count, 4 wall, beginner/intermediate line dance

Musik: :Lord Of The Dance by Ronan Hardiman - Intro: siehe unten

### 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")

1&2 Touch right heel forward, step right together, touch left toe together

3&4 Touch left heel forward, step left together, touch right toe together

5-8 Repeat 1-4

### HEEL RIGHT FORWARD & SIDE, TRIPLE STEP (RIGHT THEN LEFT) 2x

1-2 Touch right heel forward, touch right heel to side

3&4 Triple in place right, left, right

5-6 Touch left heel forward, touch left heel to side

7&8 Triple in place left, right, left

### RIGHT STEP TO RIGHT, SLIDE, TURN ¼ SHUFFLE, STEP, PIVOT, SHUFFLE

(Remove hands from hips now)

1-2 Step right to side, slide/step left together (clap)

3&4 Shuffle side turning ¼ right and step right, left, right

5-6 Step left forward, turn ½ right (weight to right)

7&8 Shuffle forward left, right, left

### REPEAT

**Intro:** 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

Bemerkung:

Nach 50 Sekunden ertönt im Lied eine Flöte, danach - mit den Trommelschlägen beginnend nach 12 Takten den Tanz beginnen.