



Coastin'



Description: 40 Count, 4 Wall, Beginner/Intermediate Line Dance
Choreographer: Ray & Tina Yeoman

Music: Lord of the Dance by: Ronan Hardiman

Instructor: Dee Blansett, Concord, OH
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WALK RIGHT, LEFT, KICK RIGHT, STEP BACK RIGHT, COASTER-STEP, KICK BALL CHANGE

1-4 Step forward Right (1), Step forward Left (2), Kick Right foot Forward (3), Step back on Right (4)
5&6 Step back on Left (5), Step Right next to left (&), Step forward Left (6)
7&8 Kick Right forward (7), Step ball of Right beside left, raising left up slightly (&), Step down on Left (8)

WALK RIGHT, LEFT, KICK RIGHT, STEP BACK RIGHT, COASTER-STEP, KICK BALL CHANGE

1-4 Step forward Right (1), Step forward Left (2), Kick Right foot Forward (3), Step back on Right (4)
5&6 Step back on Left (5), Step Right next to left (&), Step forward Left (6)
7&8 Kick Right forward (7), Step ball of Right beside left, raising left up slightly (&), Step down on Left (8)

IRISH HEEL/TOE TOUCHES (2X RIGHT AND LEFT)

Place hands on hips during next 16 counts (as per chorus line in "Lord of the Dance")
1&2 Touch Right heel forward (1), Step Right together (&), Touch Left toe together (2)
3&4 Touch Left heel forward (3), Step Left together (&), Touch Right toe together (4)
5&6 Touch Right heel forward (5), Step Right together (&), Touch Left toe together (6)
7&8 Touch Left heel forward (7), Step left together (&), Touch Right toe together (8)

Easier Option Counts 1-8 above: Heel, Together 4X

(RIGHT & LEFT) KICK FORWARD, SIDE, TRIPLE- IN- PLACE

1- 2 Kick Right foot forward (1), Kick Right foot to right side (2)
3&4 Step Right beside left (3), Step Left in place (&), Step Right in place (4)
5 -6 Kick Left foot forward (5), Kick Left foot to left side (6)
7&8 Step Left beside right (7), Step Right in place (&), Step Left in place (8)

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

(Remove hands from hips now)

1-2 Step Right side right (1), Slide/Step Left together (clap) (2)
3&4 ¼ Right shuffle- by stepping Right ¼ turn right (3), Step Left beside Right (&), Touch Right side Right (4)
5-6 Step forward Left (5), Pivot ½ turn Right (6) (weight on right)
7&8 Shuffle forward - Left (7), Right (&), Left (8)

REPEAT!

The biggest problem with this dance is fitting the music! The recommended track increases tempo, somewhat erratically. Start the dance at time: .58 seconds in.