

# COASTIN'

**Count:** 40. **Wall:** 4. **Level:** Beginner/Intermediate

**Choreographer:** RayYeoman (GBR) & Tina Yeoman (GBR)

**Music:** Lord Of The Dance by Ronan Hardiman.

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**INTRO: 16 count. Weight on L. No Tags, No Restarts.**

## **WALK, WALK, KICK, BACK, COASTER BACK, KICK-BALL-CHANGE**

1-4 Step R forward, Step L forward, Kick R forward, Step R back

5&6 Step L back, Step R beside L, Step L forward

7&8 Kick R forward, Step ball of R beside L, Step L beside R

## **WALK, WALK, KICK, BACK, COASTER BACK, KICK-BALL-CHANGE**

1-4 Step R forward, Step L forward, Kick R forward, Step R back

5&6 Step L back, Step R beside L, Step L forward

7&8 Kick R forward, Step ball of R beside L, Step L beside R

## **IRISH HEEL/TOE TOUCHES (RIGHT THEN LEFT, TWICE)**

**Place hands on hips during next 8 counts (as per chorus line in "Lord of the Dance")**

1&2 Touch R heel forward 45° right, Step R beside L, Touch L toe beside R

3&4 Touch L heel forward 45° left, Step L beside R, Touch R toe beside L

5&6 Touch R heel forward 45° right, Step R beside L, Touch L toe beside R

7&8 Touch L heel forward 45° left, Step L beside R, Touch R toe beside L

## **HEEL FORWARD, HEEL SIDE, TRIPLE, HEEL FORWARD, HEEL SIDE, TRIPLE**

1,2 Touch R heel forward, Touch R heel to right

3&4 Triple in place right, left, right

5,6 Touch L heel forward, Touch L heel to left

7&8 Triple in place left, right, left

## **SIDE, SLIDE, SHUFFLE 1/4 RIGHT, STEP, PIVOT 1/2 RIGHT, SHUFFLE**

**(Remove hands from hips now)**

1,2 Step R to right, Slide L beside R/Clap

3&4 Turn ¼ right step R forward, Step L beside R, Step R forward **[3:00]**

5,6 Step L forward, Pivot ½ right

7&8 Step L forward, Step R beside L, Step L forward **[9:00]**

## **40 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