Coastin'

Count: 40 **Wall:** 4 **Level:** Improver
Choreographer: Ray Yeoman (UK) & Tina Yeoman (UK)
Music: 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