COASTIN'

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

**Choreographer:** Ray & Tina Yeoman

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

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**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