

Coastin'

Choreographer : Ray & Tina Yeoman (UK)
Description: 4 wall line dance
Music: Lord of the Dance by Michael Flatley "Lord of the Dance"

Beats / Step Description

Walk, Walk, Kick, Back, Coaster Step, Kick Ball Change

1 – 2 Step Right forward, step Left forward
3 – 4 Kick Right forward, step Right foot back
5 & 6 Step Left back, step Right beside Left, step Left forward
7 & 8 Kick ball change

9 – 16 Repeat steps 1 – 8

Heel Step Touch x 4 (hands on hips)

17 & 18 Touch Right heel forward, step Right beside Left, touch Left toe beside Right
19 & 20 Touch Left heel forward, step Left beside Right, touch Right toe beside Left

21 – 24 Repeat steps 17 - 20

Forward, Side, Triple Step x 2 (hands on hips)

25 – 26 Touch Right heel forward, touch Right heel to right side
27 & 28 Triple step in place (R, L, R)
29 – 30 Touch Left heel forward, touch Left heel to left side
31 & 32 Triple step in place (L, R, L)

Step, Slide, Turn Shuffle, Step Pivot, Left Shuffle

33 – 34 Step Right to right, slide Left beside Right and clap hands
35 & 36 Step Right forward turning $\frac{1}{4}$ turn to right, slide Left beside Right, step Right forward
37 – 38 Step Left forward, Pivot $\frac{1}{2}$ turn to right
39 – 40 Step Left forward, slide Right beside Left, step Left forward

Smile and Begin Again