

Coastin'

Song: Lord Of The Dance (Riverdance)

Artist: Ronan Hardiman

Album: Lord Of The Dance Soundtrack

Choreography and/or copyright: Ray and Tina Yeoman (<http://www.stetsonstrollers.btinternet.co.uk>)

Level: Intermediate

Walls: 4

Count: 40

Bridge/restart: no

Dance Beat: varies

Start: Weight on left, feet together

* Step, step, kick, step, coaster, kick-ball-change:

1- 2 Step RIGHT forward, step LEFT forward,

3- 4 Kick RIGHT forward, step RIGHT beside LEFT,

5& 6 Step LEFT back, step RIGHT beside LEFT, step LEFT forward,

7& 8 Kick RIGHT forward, step RIGHT-ball beside LEFT (on &), step LEFT in place,

* Step, step, kick, step, coaster, kick-ball-change:

9-10 Step RIGHT forward, step LEFT forward,

11-12 Kick RIGHT forward, step RIGHT beside LEFT,

13&14 Step LEFT back, step RIGHT beside LEFT, step LEFT forward,

15&16 Kick RIGHT forward, step RIGHT-ball beside LEFT (on &), step LEFT in place,

* Irish heel-toe touches:

(Place hands on hips during next counts 17-32 - as per chorus line in "Lord of the Dance")

17&18 T ouch RIGHT heel slightly forward, step RIGHT beside LEFT (&), touch LEFT toe beside RIGHT,

19&20 Touch LEFT heel slightly forward, step LEFT beside RIGHT (on &), touch RIGHT toe beside LEFT,

21&22 Touch RIGHT heel slightly forward, step RIGHT beside LEFT (&), touch LEFT toe beside RIGHT,

23&24 Touch LEFT heel slightly forward, step LEFT beside RIGHT (on &), touch RIGHT toe beside LEFT,

* Touch fwd, side, cha-cha, touch fwd, side, cha-cha:

25-26 Touch RIGHT heel forward, touch RIGHT heel to RIGHT side,

27&28 Cha-cha (R,L,R),

29-30 Touch LEFT heel forward, touch LEFT heel to LEFT side,

31&32 Cha-cha (L,R,L),

* Side, slide, shuffle & 1/4 turn, step 1/2 pivot, shuffle fwd:

(Remove hands from hips now)

33-34 Step RIGHT to RIGHT, slide LEFT up beside RIGHT & clap,

35&36 Shuffle RIGHT & 1/4 turn RIGHT (R,L,R),

37-38 Step LEFT forward, 1/2 pivot turn RIGHT,

39&40 Shuffle forward (L,R,L).

Repeat
