

Coastin

Choreograph: Ray & Tina Yeoman

Count's: 40, Wall: 4, Intermediate

Musikrichtung:

Music/Interpret:

Lord Of The Dance von Ronan Hardiman

Flying Heels



WALK RIGHT, LEFT, KICK RIGHT, COASTER, KBC

- 1-2 Step right foot forward, step left foot forward
- 3-4 Kick right foot forward, step right foot back in place
- 5-6 Step left back, step right beside left, step left forward
- 7&8 Kick right forward, step right beside left, step left in place
- 1-8 Repeat 1-8

IRISH HEEL / TOE TOUCHES (X2, RIGHT THEN LEFT)

Place hands on hips during next 16 counts (as per chorus line in "Lord of the Dance")

- 1&2 Touch right heel slightly forward, step right beside left, touch left toe beside right
- 3&4 Touch left heel slightly forward, step left beside right, touch right toe beside left
- 5-8 Repeat 1-8

RIGHT FORWARD, SIDE, TRIPLE (RIGHT THEN LEFT)

- 1-2 Touch right heel forward, touch right heel to right side
- 3&4 Shuffle on spot (right, left, right)
- 5-6 Touch left heel forward, touch left heel to left side
- 7&8 Shuffle on spot (left, right, left)

RIGHT STEP TO RIGHT, SLIDE, ¼ TURNING SHUFFLE, STEP, PIVOT, SHUFFLE

(Remove hands from hips now)

- 1-2 Step right to right, slide left up beside right with clap
- 3&4 Shuffle to right with ¼ turn right (right, left, right)
- 5-6 Step forward left, pivot turn ½ right
- 7-8 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