

Coastin'

Background: Created by Ray & Tina Yeoman of Dorset, England.

Music: "Lord Of The Dance" by Ronan Hardiman on *Lord of The Dance Soundtrack* by Ronan Hardiman; "Lord Of The Dance" on *Celtic Rhythms and Moods* by Celtic Orchestra

Formation: Four point line dance. Pattern: 40 Counts

Counts Description

1-4 *Walk, Walk, Kick, Back*: Step R forward (Count 1), Step L forward (Count 2), Kick R forward (Count 3), Step R backward (Count 4).

5-8 *Coaster Step, Kick Ball-change*: Step L backward (Count 5), Step R together and next to L (Count &), Step L forward (Count 6), Kick R forward (Count 7), Step R ball of foot next to L [partial weight] (Count &), Step L in place (Count 8).

9-16 Repeat Counts 1-8.

17-18 *Irish Step*: Touch R heel forward (Count 17), Step R together (Count &), Touch L toe next to R (Count 18).

19-20 Repeat Count 17-18 to other side (Counts 19-20).

21-24 Repeat Counts 17-20 (Counts 21-24).

25-28 *Forward, Side, Triplet*: Touch R heel forward (Count 25), Touch R toe to right (Count 26), Step R next to L (Count 27), Step L next to R (Count &), Step R next to L (Count 28).

29-32 *Forward, Side, Triplet*: Repeat Counts 25-28 to other side (Counts 29-32).

33-36 *Step slide Clap*: Step R to right (Count 33), Slide/step L next to R [Clap] (Count 34), On L turn 1/4 to right (Count &), Step R forward (Count 35), Step L next to R (Count &), Step R forward (Count 36).

37-40 *About Face, Triplet*: Step L forward (Count 37), On L turn 1/2 to right (Count &), Step R forward (Count 38), Step L forward (Count 39), Step R next to L (Count &), Step L forward (Count 40).

Repeat dance from start.

Presented by Anthony Ivancich
Camp Hess Kramer Institute
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