



# Coastin'



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Stroll Forward, Kick, Step Back, Coaster &amp; Kick Ball Change.</b>		
1 - 2	Step forward right. Step forward left.	Right Left	Forward
3 - 4	Kick forward right. Step back right.	Kick Back	Back
5 & 6	Step back left. Step right beside left. Step forward left.	Coaster Step	On the spot
7 & 8	Kick forward right. Step right beside left. Step left in place.	Kick Ball Change	
<b>Section 2</b>	<b>Stroll Forward, Kick, Step Back, Coaster &amp; Kick Ball Change.</b>		
1 - 2	Step forward right. Step forward left.	Right Left	Forward
3 - 4	Kick forward right. Step back right.	Kick Back	Back
5 & 6	Step back left. Step right beside left. Step forward left.	Coaster Step	On the spot
7 & 8	Kick forward right. Step right beside left. Step left in place.	Kick Ball Change	
<b>Section 3</b>	<b>Heel, Step, Touch x 4 (with hands on hips).</b>		
1	Touch right heel forward.	Right	On the spot
& 2	Step right beside left. Touch left toe in place.	& Touch	
3	Touch left heel forward.	Left	
& 4	Step left beside right. Touch right toe in place.	& Touch	
5 - 8	Repeat steps 1 - 4.		
<b>Section 4</b>	<b>Heel Forward &amp; Side, Triple Step x 2.</b>		
1 - 2	Touch right heel forward. Touch right heel to right side.	Front Side	On the spot
3 & 4	Triple step in place - Right, Left, Right.	Triple Step	
5 - 6	Touch left heel forward. Touch left heel to left side.	Front Side	On the spot
7 & 8	Triple step in place - Left, Right, Left.	Triple Step	
<b>Section 5</b>	<b>Side, Slide, Shuffle 1/4 Turn, Step 1/2 Pivot, Left Shuffle.</b>		
1 - 2	Step right to right side. Slide left beside right and clap hands.	Side Together	Right
3 & 4	Step right 1/4 turn right. Step left beside right. Step forward right.	Shuffle Turn	Turning right
5 - 6	Step forward left. Pivot 1/2 turn right.	Step Pivot	Turning right
7 & 8	Step forward left. Close right beside left. Step forward left.	Left Shuffle	Forward

BEGINNER/INTERMEDIATE

**4 Wall Line Dance:-** 40 Counts. Beginner/Intermediate.

**Choreographed by:-** Ray & Tina Yeoman (UK) Oct 1997.

**Choreographed to:-** 'Lord Of The Dance' by Ronan Hardiman from 'Michael Flatley's Lord Of The Dance' CD.

**Music Suggestion:-** 'Four Wheeled Cowboy' by Dave Sheriff (120 bpm) from Fly Away CD.