

Easy Coastin'

36 count, 1 wall, beginner level

Choreographer: Wanda Heldt (Aus) 2004

Choreographed to: Lord of The Dance by Ronan Keating

TAP TOE FRONT, SIDE, R.L.R TRIPLE STEPS IN PLACE

1 - 2,3&4 Tap Right toe forward, Tap toe to Right side, Triple in place R.L.R

5 - 6,7&8 Tap Left toe forward, Tap toe to Left side, Triple in place L.R.L

REPEAT Last 8 Counts.

Optional: Arm movements. on count 1, Bring both arms up and forward with palms down, on counts 2 swing both arms to the right, bent left across chest & right arm straight to the side, on 3&4 brings arms down.

Repeat. Arm movements. On count 5, arms forward, On count 6, to the left & down

VINE RIGHT, VINE LEFT WITH TRIPLES STEPS IN PLACE

1 - 2,3&4 Step Right, Step Left behind, Step R .L.R triple

5 - 6,7&8 Step Left, Step Right behind, Step L.R.L

SHUFFLE FORWARD RIGHT & LEFT

1 & 2 Shuffle forward R.L.R

3 & 4 Shuffle forward L..R.L

WALK BACK WITH HEEL TOUCHES

1 - 2 Touch Right heel forward, Step back on Right

3 - 4 Touch Left heel forward, Step back on Left

5 - 6 Touch Right heel forward, Step back on Right

7 - 8 Touch Left heel forward, Step back on Left [Weight Left foot]

HAVE FUN...No Matter What

For 2 Wall Dance. First 16 count

1-2,3&4 Tap R toe forward & side. 1/4 turn R triple in place R.L.R [3]

5-6,7&8 Tap L toe forward & side, Triple in place L.R.L

1-2, 3&4 Tap R toe forward & side, 1/4 turn R triple in place R.L.R [6]

5-6, 7&8 Tap L toe forward & side, Triple in place L.R.L

Music download available from iTunes