

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

<u>Counts</u>	<u>Description</u>
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1-4	<i>Walk, Walk, Kick, Back:</i> Step R forward (Count 1), Step L forward (Count 2), Kick R forward (Count 3), Step R backward (Count 4).
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5-8	<i>Coaster Step, Kick Ball-change:</i> 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).
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9-16	Repeat Counts 1-8.
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17-18	<i>Irish Step:</i> Touch R heel forward (Count 17), Step R together (Count &), Touch L toe next to R (Count 18).
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19-20	Repeat Count 17-18 to other side (Counts 19-20).
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21-24	Repeat Counts 17-20 (Counts 21-24).
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25-28	<i>Forward, Side, Triplet:</i> 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).
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29-32	<i>Forward, Side, Triplet:</i> Repeat Counts 25-28 to other side (Counts 29-32).
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33-36	<i>Step slide Clap:</i> 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).
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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).
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Repeat dance from start.

Presented by Anthony Ivancich
Camp Hess Kramer Institute
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