

# THE COAST IS CLEAR

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**Count:** 64      **Wall:** 2      **Level:** intermediate

**Choreographer:** Gwenda Rooke

**Music:** Coast Is Clear by Tracy Lawrence

- 1**      Turning ¼ turn right step to side on right foot (sway hips right)
- 2**      Turning ¼ turn left step/rock forward onto left (swaying hips left)
- 3&4**      Bringing right beside left triple step on the spot right-left-right
- 5**      Turning ¼ turn left step to side on left foot (sway hips left)
- 6**      Turning ¼ turn right, step/rock forward onto right (swaying hips right)
- 7&8**      Bringing left beside right triple step on the spot left-right-left
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- 1-2**      Step forward (long step) on right at 45 degrees right, slide left beside right (transfer weight to left)
- 3&4**      Triple step on the spot right-left-right
- 5-6**      Step forward (long step) on left at 45 degrees left, slide right beside left (transfer weight to right)
- 7&8**      Triple step on the spot left-right-left
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- 1-2**      Step/rock forward on right, rock back onto left
- 3&4**      Shuffle back right-left-right lifting right heel & popping knee forward on last step back
- 5-6**      Rock forward on left, drag left toe around in a large half circle
- 7&8**      Shuffle across in front left-right-left
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- 1-2**      Step/rock forward on left, rock back onto right
- 3&4**      Shuffle back left-right-left lifting left heel & popping knee forward on last step back
- 5-6**      Rock forward on right, drag right toe around in a large half circle
- 7&8**      Shuffle across in front right-left-right

- 1-2** Step forward on right, pivot  $\frac{1}{2}$  turn left (transfer weight to left)
- 3&4** Triple step on spot right-left-right
- 5-6** Step forward on ball of left hitching right, turn  $\frac{3}{4}$  turn right
- 7&8** Step right to side, pushing hips right-left-right
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- 1-2** Step left across in front of right, step right to side
- 3-4** Step left behind right, point right toe to right side
- 5&6** Shuffle across in front right-left-right
- 7-8** Turning  $\frac{1}{2}$  turn right step slightly back on left, step right to right side
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- 1-2** Step/rock left across in front of right, rock back onto right
- 3&4** Triple step on spot left-right-left
- 5-6** Step/rock right across in front of left, rock back onto left
- 7&8** Triple step on spot right-left-right
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- 1&2** Shuffle forward left-right-left turning full turn right
- 3&4** Shuffle forward right-left-right
- 5-6** Step forward on left, pivot  $\frac{1}{2}$  turn right (transfer weight to right)
- 7&8** Triple step on spot left-right-left

**REPEAT**