

# EASY COASTIN

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**Count:** 36                      **Wall:** 1                      **Level:** Beginner level

**Choreographer:** Wanda Heldt (Perth) 04

**Music:** Lord Of The Dance by Ronan Hardiman

**TAP TOE FRONT,SIDE, R.L.R TRIPLE STEPS IN PLACE 1 - 2,3&4 Tap Right toe forward, Tap Right toe to Right side, Triple in place R.L.R Optional: Arm movements. on count 1,bring both arms up and forward with Fisted palms, on counts 2 swing both arms to the Right, bent Left across chest & Right arm straight to the side with flat palms, on 3&4 brings arms down & fist. 5 - 6,7&8 Tap Left toe forward, Tap Left toe to Left side, Triple in place L.R.L Optional: Arm movements.on count 5, bring both arms up and forward with Fisted palms, on count 6 swing both arms to the Left, bent Right across chest & Left arm straight to the side with flat palms, on 7&8 brings arms down & fist. REPEAT Last 8 Counts. [Total 16 counts] 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 TOUCHS 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] RESTART DANCE..... 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 RESTART EMail**