

Coastin Slow And Sleazy

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Nancy Morgan (USA)

Musik: Lovey Dovey - Delbert McClinton



WALK, WALK, TOUCH, STEP, TOUCH, STEP, CROSS, TURN

- 1-4 Walk forward - right, left, touch right to right side, step right slightly across left and forward
5-8 Step left to left side, step left slightly across right and forward, cross right over left, turn ½ turn to left (keeping weight on left)

STEP BACK ON RIGHT, STEP BACK ON LEFT, SHUFFLE FORWARD, STEP & ¼ TURN, PUT RIGHT NEXT TO LEFT, STEP BACK ON LEFT, TOUCH RIGHT NEXT TO LEFT

- 1-2-3&4 Step back on right, put left next to right (shift weight to left), shuffle forward, right, left, right
5-8 Step forward on left as you turn ¼ turn to right, put right next to left (put weight on right), step back on left, touch right next to left

CROSS BEHIND, ½ TURN, ROLL HIPS, CROSS BEHIND, ½ TURN, ROLL HIPS

- 1-4 Put right toe behind left, turn ½ turn to your right, roll hips in full circle once (if song is less than 106bpms you can circle twice for a count of 3&4)
5-8 Put right toe behind left, turn ½ turn to your right, roll hips in full circle once (if song is less than 106bpms you can circle twice for a count of 3&4)

STEP, SLIDE, STEP, CLAP, SAILOR SHUFFLE, SAILOR SHUFFLE

- 1-4 Step left foot forward and diagonally to your left, slide right to left, step left foot forward and diagonally to your left, clap
5&6-7&8 Put right behind left, put left to left side, put right foot forward, put left behind right, put right to right side, put left foot forward

KICK AND KICK AND STOMP, CLAP, DROP HIP DOWN AND UP AND DOWN AND UP

- 1&2&3-4 Put right heel forward, quickly put right next to left as you put left heel forward, quickly put left next to right as you stomp right foot forward (keep weight on left), clap
5-8 Bend knees as you drop into a sitting position, stand back up, (as you shift weight to right) bend knees as you drop into a sitting position, stand back up (weight should end on right)

KICK AND KICK AND STOMP, CLAP, DROP HIP DOWN AND UP AND DOWN AND UP

- 1&2&3-4 Put left heel forward, quickly put left next to right as you put right heel forward, quickly put right next to left as you stomp left foot forward (keep weight on right), clap
5-8 Bend knees as you drop into a sitting position, stand back up, (as you shift weight to left) bend knees as you drop into a sitting position, stand back up (weight should end on left)

REPEAT