

# Easy Coastin

Compte: 36

Mur: 1

Niveau: Beginner

Chorégraphe: Wanda Heldt (AUS) - 2004

Musique: Lord of the Dance - 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 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]

**RESTART DANCE..... HAVE FUN...No Matter What**

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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](#)

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