

# Easy Coastin

拍数: 36                      墙数: 1                      级数: Beginner  
编舞者: Wanda Heldt (AUS) - 2004  
音乐: 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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