

Easy Coastin

拍數: 36 牆數: 1 級數: Beginner
編舞者: Wanda Heldt (AUS) - 2004
音樂: 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

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](#)
