



# SILVERSTAR LINEDANCERS



## Coastin'

### Beginner / Intermediate

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTIONS	DIRECTION
<b>Section 1</b> 1 - 2 3 - 4 5 & 6 7 & 8	<b>Stroll forward, kick, step back, coaster &amp; kick ball change</b> Step forward right. Step forward left. Kick forward right. Step back right. Step back left. Step right beside left. Step forward left. Kick forward right. Step right beside left. Step left in place.	Right left Kick back Coaster step Kick ball change	Forward Back On the spot
<b>Section 2</b> 1 - 2 3 - 4 5 & 6 7 & 8	<b>Stroll forward, kick, step back, coaster &amp; kick ball change</b> Step forward right. Step forward left. Kick forward right. Step back right. Step back left. Step right beside left. Step forward left. Kick forward right. Step right beside left. Step left in place.	Right left Kick back Coaster step Kick ball change	Forward Back On the spot
<b>Section 3</b> 1 & 2 3 & 4 5 - 8	<b>Heel, step, touch x 4 (with hands on hips)</b> Touch right heel forward. Step right beside left. Touch left toe in place. Touch left heel forward. Step left beside right. Touch right toe in place. Repeat steps 1 - 4.	Right & touch Left & touch	On the spot
<b>Section 4</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Heel forward &amp; side, triple step x 2</b> Touch right heel forward. Touch right heel to right side. Triple step in place - right, left, right. Touch left heel forward. Touch left heel to left side. Triple step in place - left, right, left.	Front side Triple step Front side Triple step	On the spot On the spot
<b>Section 5</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side, slide, shuffle 1/4 turn, step 1/2 pivot, left shuffle</b> Step right to right side. Slide left beside right and clap hands. Step right 1/4 turn right. Step left beside right. Step forward right. Step forward right. Pivot 1/2 turn right. Step forward left. Close right beside left. Step forward left.	Side together Shuffle turn Step pivot Left shuffle	Right Turning right Turning right Forward

**4 Wall Line Dance:** 40 counts

**Choreographed by:** Ray & Tina Yeoman (UK) October 1997

**Choreographed to:** Lord of the Dance by Ronan Hardiman from Michael Flatley's Lord of the Dance CD

**Alternative Music:** Four Wheeled Cowboy by Dave Sheriff (120 bpm) from Fly Away CD