

COASTIN'

4-wall dance

music: "Lord of the Dance" soundtrack – Sundance mix
"If My Heart Had Wings" - Faith Hill

count step

- 1, 2 Step R forward, step L forward
3, 4 Kick R forward, step R back
5&6 Step L back, step R together, step L forward
7&8 Kick R forward, step R together, step L together
- 9, 10 Step R forward, step L forward
11, 12 Kick R forward, step R back
13&14 Step L back, step R together, step L forward
15&16 Kick R forward, step R together, step L together
- 17&18 Touch R heel forward, step R together, touch L toe next to R
19&20 Touch L heel forward, step L together, touch R toe next to L
21&22 Touch R heel forward, step R together, touch L toe next to R
23&24 Touch L heel forward, step L together, touch R toe next to L
- 25, 26 Touch R heel forward, touch R heel to the right
27&28 Shuffle in place R, L, R
29, 30 Touch L heel forward, touch L heel to the left
31&32 Shuffle in place L, R, L
- 33, 34 Step R to the right, slide L next to R with clap
35&36 Shuffle to the right R, L, R with $\frac{1}{4}$ -turn to the right
37, 38 Step L forward, pivot on both feet $\frac{1}{2}$ -turn to the right
39&40 Shuffle forward L, R, L