

# La Isla Bonita

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Lina Choi (HK)

Musik: La Isla Bonita - Madonna



## RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT FORWARD MAMBO, LEFT BACK MAMBO

- 1&2 Cross right behind left, step left to left side, step right slightly forward  
3&4 Cross left behind right, step right to right side, step left slightly forward  
5&6 Rock right forward, recover weight on left, step right beside left  
7&8 Rock left back, recover weight on right, step left beside right

## RIGHT FORWARD SIDE ROCK, LEFT FORWARD SIDE ROCK, ¼ TURN LEFT & CROSS & CROSS & CROSS

- 1&2 Step right forward across left, step left slightly to left side, rock onto right in place  
3&4 Step left forward across right, step right slightly to right side, rock onto left in place

### Arm movements:

- 1 Cross hands in front of chest  
2 Left hand stretch forward and right hand to the right  
3 Cross hands in front of chest  
4 Right hand stretch forward and left hand to the left
- 5& Step right forward, pivot ¼ turn left  
6& Cross right over left, step left to left  
7&8 Cross right over left, step left to left, cross right over left

## LEFT SIDE MAMBO, RIGHT SIDE MAMBO, LEFT FORWARD SIDE ROCK, RIGHT FORWARD SIDE ROCK

- 1&2 Rock left to left side, recover weight on right, step left beside right  
3&4 Rock right to right side, recover weight on left, step right beside left  
5&6 Step left forward across right, step right slightly to right side, rock onto left in place  
7&8 Step right forward across left, step left slightly to left side, rock onto right in place

### Arm movements:

- 5 Cross hands in front of chest  
6 Right hand stretch forward and left hand to the left  
7 Cross hands in front of chest  
8 Left hand stretch forward and right hand to the right

## LEFT SYNCOPATED ½ TURN LEFT, LOCK TRIPLE FORWARD, FULL TURN, RIGHT SIDE MAMBO

- 1&2 Step left forward, rock back to right make ½ turn left, step left forward  
3&4 Step right forward, lock left behind right, step right forward  
5 Make ½ turn right stepping back onto left  
& Make ½ turn right stepping forward onto right  
6 Step left forward  
7&8 Rock right to right side, recover weight on left, step right beside left

## LEFT KICK BALL STEP TWICE, PADDLE FULL TURN LEFT (4 PADDLE ¼ TURN LEFT)

- 1&2 Left kick across right, step left beside right, step right slightly to right  
3&4 Repeat 1&2  
5 Small step left to left side turning ¼ to left, starting a left paddle turn  
& Step right slightly behind left, step on ball of right foot  
6 Replace weight to left foot continuing left turn

- & Left paddle turn with right slightly behind left, step on ball of right foot
- 7 Replace weight to left foot continuing left turn
- & Left paddle turn with right slightly behind left step on ball of right foot
- 8 Replace weight to left foot completing paddle turn

**RIGHT KICK BALL STEP TWICE, PADDLE FULL TURN RIGHT (4 PADDLE ¼ TURN RIGHT)**

- 1&2 Right kick across left, step right beside left, step left slightly to left
- 3&4 Repeat 1&2
- 5 Small step right to right side, turning ¼ to right, starting a right paddle turn
- & Step left slightly behind right, step on ball of left foot
- 6 Replace weight to right foot continuing right turn
- & Right paddle turn with left foot slightly behind right, step on ball of left foot
- 7 Replace weight to right foot continuing right turn
- 8 Step left slightly to left, completing paddle turn

**REPEAT**

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