

La Isla Bonita (The Beautiful Island)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Tina Chen Sue-Huei (TW) & Juilin Chen (TW) - December 2016
音乐: La Isla Bonita by Alizée



SOD: 64-Music-64-Music-32-Tag*1(4)-Music-48-Tag*2(2)-32-Tag*2(2)-36
Start Dance On Lyrics.

Tag*1 (4C): After Wall 3 (32C)(9.00)

1-2 Fwd Slight Jump On L & Touch R Beside L, Hold (2)
3-4 Back Slight Jump On R & Touch L Beside R, Hold (4)

Tag*2 (2C)

After Wall 4 (48C)(9.00)

After Wall 5 (32C)(6.00)

1-2 Sway LR

Music (16C)

After Wall 1(6.00)

After Wall 2(12.00)

After Wall 3(32C) & Tag*1 (4C) (9.00)

Side Together, L Chasse, Syncopated Rock Steps

1-2 Side Step L, Together Step R
3&4 L Chasse On LRL
5&6&7&8 Fwd Rock R, Recover On L, Back Rock R, Recover On L, Fwd Rock R, Recover On L, Touch R Beside L
9-16 A Mirror Steps Of Above 1-8

Main Dance (64C)

S1. Cross Samba*2, Lock Steps $\frac{3}{4}$ L

1&2 Cross L Over R, Diag R Fwd Step R, Step L Down In Place
3&4 Cross R Over L, Diag L Fwd Step L, Step R Down In Place
5&6&7&8 Fwd Step L & Lock R Behind L Steps, completing a $\frac{3}{4}$ L Turn (3.00)

S2. Fwd Mambo, Back Mambo, Side Rock Cross, Fwd $\frac{1}{2}$ R

1&2 Mambo R Fwd, Recover On L, Back Step On R
3&4 Mambo L Back, Recover On R, Fwd Step On L
5&6 Side Rock On R, Recover On L, Cross R Over L
7-8 $\frac{1}{4}$ L Fwd Step On L (12.00), $\frac{1}{2}$ Pivot R Step On R (6.00)

S3. Walk Fwd, Fwd Mambo, Walk Back, Back Mambo

1-2 Walk Fwd On LR
3&4 Mambo L Fwd, Recover On R, Back Step On L
5-6 Walk Back On RL
7&8 Mambo R Back, Recover On L, Fwd Step On R

S4. Syncopated Rock Steps*2

1&2&3&4 Facing 10.30, Cross L Over R, Recover On R, Back Step L, Recover On R, Cross L Over R, Recover On R, $\frac{1}{8}$ R Back Step L (9.00)
5&6&7&8 Cross R Over L, Recover On L, Back Step R, Recover On L, Cross R Over L, Recover On L, Together Step R

S5. Side Behind Mambo*2, Syncopated Rock Steps $\frac{1}{4}$ R

1&2 Side Step L, Mambo Behind R, Recover On L

3&4 Side Step R, Mambo Behind L, Recover On R
5&6&7&8 Fwd Rock L, Recover On R, ¼ R Back Step L (12.00), Recover On R, Fwd Rock L, Recover On R, Touch L Beside R

S6. Syncopated Cross Steps, ½ L ½ L

1&2&3&4 Cross L Over R & Side Recover On R, Cross L Over R & Side Recover On R, Cross L Over R & Side Recover On R, Cross L Over R
5-6 Fwd Step R Pivot ½ L, Fwd Step L (6.00)
7-8 Fwd Step R Pivot ½ L, Fwd Step L, Together Step R (12.00)

S7. Fwd Shuffle*2, Back Shuffle*2

1&2 Fwd Shuffle On LRL
3&4 Fwd Shuffle On RLR
5&6 Back Shuffle On LRL
7&8 Back Shuffle On RLR

S8. Fwd Shuffle, ½R Fwd Shuffle, Rock Recover, Back Together

1&2 Fwd Shuffle On LRL
3&4 ½ R Fwd Shuffle On RLR (6.00)
5-6 Fwd Rock L, Recover On R
7-8 Back Step L, Together Step R

Happy Dancing!

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