

La Isla Bonita

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
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音乐: La Isla Bonita - Hr. Troels



Intro : 4 counts - (sequence : AA BB AA BB A A Restart A Tag A B A)

Part A

[1 – 8] Cross Rock, Side Together Step, Cross Rock, Side Together Step

1 – 2 Rock R over L, Recover on L
3 & 4 Step R to R Side, Step L Beside R, Step R fwd
5 – 6 Rock L over R, Recover on R
7 & 8 Step L to L Side, Step R Beside L, Step L fwd

[1 – 8] Step 1/2 Turn, Shuffle Back 1/2 Turn, Side 1/4 Turn Touch, Back Touch, Back Touch

1 – 2 Step R fwd, Pivot 1/2 Turn L
3 & 4 Shuffle Back 1/2 Turn R, L, R
5 – 6 Side L 1/4 Turn, Touch R Beside L
&7&8 Back R, Touch L Beside R, Back L, Touch R Beside L

[1 – 8] Cross Side, Sailor Step, Cross Side, Sailor Step 1/2 Turn

1 – 2 Step R over L, Step L to L Side
3 & 4 Step R Behind L, Rock L to L Side, Step R in place
5 – 6 Step L over R, Step R to R Side
7 & 8 Step L Behind R Making 1/2 Turn L, Step R Beside R, Step L to L Side

Restart here wall 10

[1 – 8] Walk, Walk, Mambo Back, Back, Back, Shuffle 1/2 Turn

1 – 2 Step R fwd, Step L fwd
3 & 4 Rock R fwd, Recover L, Rock R Back
5 – 6 Step Back L, Step Back R
7 & 8 Shuffle L Making 1/2 turn L Stepping L, R, L

Part B

[1 – 8] Syncopated Cross Rocks, Cross Rock, Triple full Turn

1 – 2& Cross Rock R over L, Recover L, Step R next to L
3 – 4& Cross Rock L over R, Recover R, Step L next to R
5 – 6& Cross Rock R over L, Recover L, Step R next to L
7 & 8 Triple in place turning a full turn R Stepping R, L, R

[1 – 8] Syncopated Cross Rocks, Step 1/2 Turn, Shuffle

1 – 2& Cross Rock L over R, Recover R, Step L next to R
3 – 4& Cross Rock R over L, Recover L, Step R next to L
5 – 6 Step L fwd, Pivot 1/2 Turn R
7 & 8 Step fwd on L, Close R Behind L, Step fwd on L

[1 – 4] Rocking Chair

1 – 2 Rock R fwd, Recover weight onto L
3 – 4 Rock R Back, Recover weight onto L

Tag : After wall 11

[1 – 4] Rocking Chair

1 – 2 Rock R fwd, Recover weight onto L

3 – 4 Rock R Back, Recover weight onto L

Last Update – 2 June 2020
