

La Isla Bonita

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lily Ang (SG) - August 2020
音乐: La Isla Bonita - Madonna



Intro: 32 counts

Restart on wall 3 after 16 counts

Restart on wall 8 after 4 counts

Section 1: Sailor Step R, L, Forward Mambo, Back Mambo

1&2 Cross right behind left, Step left behind left, Step right to the right
3&4 Cross left behind right, Step right behind right, Step left to the left
5&6 Rock forward on right, Recover onto left, Step back on right
7&8 Rock back on left, Recover onto right, Step fwd on left

Section 2: Cross Samba x2, ¼ R Diamond

1&2 Cross right over left, Rock left to left, Recover right
3&4 Cross left over right, Rock right to right, Recover left
5&6 Cross right over left, Step left side, Step right back (while turning 1/8 right)
7&8 Step left behind right, Step right to right, Cross left over right (while turning 1/8 right)

Section 3: Rock Forward, Recover, Rock Back, Recover, Paddle ¼ Turn L x2

1-2 Step right forward, Recover weight on left
3-4 Step right back, Recover weight on left
5-6 Step forward on right, Paddle ¼ turn left
7-8 Step forward on right, Paddle ¼ turn left

Section 4: Cross Rock, Recover, Side Chasse, Cross Rock, Recover, ¼ Turn L Side Chasse

1-2 Cross right over left, Recover on left
3&4 Step right to right side, Step left next to right, Step right to right side
5-6 Cross left over right, Recover on right
7&8 ¼ turn left Step left to left side, Step right next to left, Step left to left side
