

Bonita La Vida

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Theresia (INA) & Erina (INA) - January 2024
音乐: BONITA - Daddy Yankee



Intro : 16 count

Restart : 3X on wall 3,4,7 (after 16C)

S1 - SIDE MAMBO R&L, BOTAFOGO, CROSS TOUCH, FLICK BACK

1&2 Step R to side, Recover on L, Step R next to L.
3&4 Step L to side, Recover on R, Step L next to R
5&6 Step R cross over L- Step ball Lf to left side - Step R in place
7-8 Touch L cross over R, Flick the left leg to back

S2 - FORWARD, TOUCH, BACKWARD, TOUCH, VOLTA TO RIGHT

1-2 Step L forward. Touch R toe to right side
3-4 Step R backward, Touch L toe to left side
5& Step L cross over R - Step R slightly to side
6& Step L cross over R - Step R slightly to side
7&8 Step L cross over R - Step R slightly to side - Step L cross over R

S3 FORWARD MAMBO , BACK MAMBO, FORWARD, 1/4 L, CROSS SHUFFLE

1&2 Step R forward, Recover on L, Step R next to L.
3&4 Step L back, Recover on R, Step L next to R
5-6 Step R forward, turn 1/4 L weight on L.
7&8 Cross R over L, Step L to side, Cross R over L.

S4 SAMBA WHISK, FORWARD SHUFFLE, PIVOT 1/2 LEFT

1 a 2 Step L to side, Cross R behind L, Recover on L.
3 a 4 Step R to side, Cross L behind R, Recover on R.
5&6 Step L forward, Step R close to R, Step L forward
7-8 Step R forward, turn 1/2 L weight on L

Happy dancing

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