

La Isla Bonita

COPPER **KNOB**
BY SHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Juli Santoso Pikir (INA) - May 2024
音乐: La Isla Bonita (feat. Benedetta Caretta) - Petar Markoski



S-1. WALK R-L, BOTAFOGO (TO LEFT-RIGHT), ANCHOR

1 2 Step Walk RF - LF
3&4 Cross LF over RF - Ball of RF - In place on LF
5&6 Cross RF over LF - Ball of LF - In place on RF
7&8 Cross LF behind RF - In place on RF - In place on LF

S-2. ¼ TURN L BACK UNWIND, CROSS SHUFFLE (TO RIGHT), ¼ TURN L BACK SHUFFLE, COASTER STEP

1 2 Cross touch LF behind RF - Make an ¼ Turn L (09:00)
3&4 Cross LF over RF - Step RF to side - Cross LF over RF
5&6 ¼ Turn L Step RF back - Close LF beside RF - Step RF back (06:00)
7&8 Step LF back - Close RF beside LF - Step LF forward

S-3. HIP BUMP, HIP ROLL, HIP BUMP L-R-L, HIP BUMP

1 2 Bump Hip to R - Bump Hip to L
3 4 Roll hip back from L to R
5&6 Bump Hip to L - Bump Hip to R - Bump Hip to L
7 8 Bump Hip to R - Bump Hip to L

S-4. CROSS SHUFFLE (TO LEFT-RIGHT), MAMBO SIDE

1&2 Cross RF over LF - Step LF to side - Cross RF over LF
3&4 Cross LF over RF - Step RF to side - Cross LF over RF
5&6 Step RF to side - In place on LF - Close RF beside LF
7&8 Step LF to side - In place on RF - Close LF beside RF

Happy Dance :

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