La Isla Bonita

拍数: 48 **墙数:** 4 **级数:** Improver
编舞者: Phil Dennington (UK)
音乐: La Isla Bonita - Madonna

ROCK BACK, FORWARD TWICE SHUFFLES

1-2	Rock back on right, forward on left
3&4	Turning ½ left step, right left right
5-6	Rock back on left, forward on right
7&8	Turning ½ right step left right left

TURN, STEP, STEP, FORWARD SHUFFLE

1-2	Turning ½, right step forward on right, step forward left
3&4	Step forward right bring left to right step forward right

WALK BACK LEFT RIGHT, BACK LEFT SHUFFLE ROCKS FORWARD LOCK STEP

1-2	Walk back left, walk back right
3&4	Step back left bring right to left step back left
5-6	Rock back on right, in place on left
7&8	Step forward right lock left behind right step forward right

¼ TURN, ½ TURN, FORWARD LEFT LOCK STEP

1	Turning ¼ right step back on left
2	Turning ½ right step forward right
3&4	Step forward left lock right behind left, step forward left

STEP, PIVOT, CHA CROSSES, WALK, WALK CHA CROSSES

1-2	Step forward right, pivot ½ turn left
3&4	Cross rock right over left, rock in place left, cross step right over left (cha-cha-cha)
5-6	Walk forward left walk forward right
7&8	Cross rock left over right, rock right in place, cross step left over right (cha-cha-cha)

¾ TURN RIGHT, ROCK, CROSSING SHUFFLE (CUBAN HIPS)

1-2	Cross rock right over left, rock in place on left
3&4	Turning ¾ right, step right, left, right(cha-cha-cha)
5-6	Rock left to left side, rock right in place
7&8	Cross step left over right, right step right, cross step left over right

ROCK ¼, SHUFFLE, FULL TURN FORWARD SHUFFLE

1-2	Rock right to right side, turning ¼ left step forward left
3&4	Step forward right, bring left to right, step forward right
5-6	Turning ½ right step back on left, turning ½ right step forward right
7&8	Step forward left bring right to left, step forward left

REPEAT

RESTARTS
Start dance again during wall 2 on count 33 (12:00). Start dance again during wall 4 on count 33. (12:00)

TAG
On the end of wall 5 (3:00)

1-2	Step forward right, pivot ½ turn left

3-4 Step forward right, pivot ½ turn left(weight on left)