

Isla Bonita

拍數: 32 牆數: 4 級數: Improver
編舞者: Andy Fitellaer (BEL) - December 2016
音樂: La Isla Bonita - Madonna



Sailor Step, Saylor Step, Touch, Unwind, ¼ Mambo Right Cross

- 1 RF cross behind LF
- & LF step to left
- 2 RF place next LV
- 3 LF cross behind RV
- & RF step to right
- 4 LF step next RV
- 5 RF touch toe behind
- 6 ½ right, weight on right (6.00 'clock)
- 7 LF step in front, ¼ right (9.00 'clock)
- & RF weight on right
- 8 LF cross over RV

Right Mambo, Left Mambo, Right Mambo Frw, Coaster Step

- 9 RF step to right
- & LF step next RV
- 10 RF cross over LV
- 11 LF step to left
- & RF step next LV
- 12 LF cross over RV
- 13 RF step in front
- & LF weight on left
- 14 RF step back
- 15 LF step back
- & RF step next LV
- 16 LF step forward

½ Pivot Turn Left, Diagonal Lock Steps, Diagonal Mambo Step

- 17 RF step forward
- 18 LF + RF turn ½ left (3.00 'clock)
- 19 RF right step diagonal forward
- & LF cross behind RV
- 20 RF right step diagonal forward
- 21 LF left step links diagonal forward
- & RF cross behind LV
- 22 LF left step diagonal forward
- 23 RF left step diagonal forward (2.00 'clock)
- & LF weight on left
- 24 RF step back

Step Back, Turn Right, step Frw, ¾ Turn Left, Cross Mambo 2x

- 25 LF step back
- & RF step 1/3 turn right (6.00uur)
- 26 LF step forward
- 27 RF step, ½ left forward (12.00 'clock)
- 28 LF step to left, ¼ left (9.00 'clock)

29 RF cross over LV
& LF weight on left
30 RF step next LV
31 LF cross over RV
& RF weight on right
32 LF step next RV

Start again

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