

The Beautiful Island

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Vincent Dijks (NL) - December 2017
音樂: La Isla Bonita (feat. AJ) - Village Girls & Andrea T. Mendoza : (Album: 100 Dance Hits 2013)



Intro: 32 counts

S1: Pivot ½ L, Shuffle Fwd, Pivot ¾ R, Chassé

1-2 RF step forward, R+L ½ turn left
3&4 RF step forward, LF step beside, RF step forward
5-6 LF step forward, L+R ¾ turn right
7&8 LF step side, RF together, LF step side [3]

S2: Cross, Side, Cross Shuffle (x2)

1-2 RF cross over, LF step side
3&4 RF cross over, LF step side, RF cross over
5-6 LF cross over, RF step side
7&8 LF cross over, RF step side, LF cross over

S3: Side, ¼ L Side, Cross Samba, Cross, ¼ L Back, ¼ L Chassé

1-2 RF step side, LF ¼ left step side
3&4 RF cross over, LF rock side, RF recover
5-6 LF cross over, RF ¼ left step back
7&8 LF ¼ left step side, RF together, LF step side [6]

S4: Cross, Side, Sailor, Cross, Side, Behind Side Cross

1-2 RF cross over, LF step side
3&4 RF cross behind, LF step beside, RF step side
5-6 LF cross over, RF step side
7&8 LF cross behind, RF step side, LF cross over

S5: Heel Grind, Together, Heel Grind ¼ L, Together, Cross, Side, Sailor

1-2& RF step forward on heel with toes left, LF turn R toes right and step back, RF together
3-4& LF step forward on heel with toes right, RF ¼ left turn L toes left and step back, LF together
5-6 RF cross over, LF step side
7&8 RF cross behind, LF step beside, RF step side [3]

S6: Heel Grind ¼ L, Together, Heel Grind, Together, Cross, Side, Sailor ¼ L

1-2& LF step forward on heel with toes right, RF ¼ left turn L toes left and step back, LF together
3-4& RF step forward on heel with toes left, LF turn R toes right and step back, RF together
5-6 LF cross over, RF step side
7&8 LF ¼ left cross behind, RF step beside, LF step slightly forward [9]

S7: Toe Heel Switches, Claps (x2)

1&2& RF touch beside, RF together, LF touch beside, LF together
3&4& RF dig heel forward, clap, clap, RF together
5&6& LF touch beside, LF together, RF touch beside, RF together
7&8& LF dig heel forward, clap, clap, LF together

S8: Rock Across Recover, Chassé (x2)

1-2 RF rock across, LF recover
3&4 RF step side, LF together, RF step side

5-6 LF rock across, RF recover
7&8 LF step side, RF together, LF step side [9]

Start again

Restarts: Dance the 1st and 3rd wall up to and including count 48 (count 8 of the 6th section) and start again

Tag 1: Dance the 2nd wall up to and including count 32 (count 8 of the 4th section), add:

&1-2 RF step beside on ball foot, LF cross over, hold and continue the dance on count 33 (count 1 of the 5th section)

Tag 2: Dance the 4th wall up to and including count 32 (count 8 of the 4th section), add:

&1-2 RF step beside on ball foot, LF cross over, hold and continue the dance on count 33 (count 1 of the 5th section) up to and including count 56 (count 8 of the 7th section), repeat section 7 and go on with section 8

Bridge: After the 5th wall:

1-4 RF cross over, LF step back, RF step side, LF step forward

Ending: Dance the 6th wall up to and including count 30 (count 6 of the 4th section), then:

7&8 LF $\frac{1}{4}$ left cross behind, RF step beside, LF step slightly forward and end with section 7 twice (Toe Heel Switches) [12]

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