

# Isla Bonita

拍數: 64      牆數: 2      級數: High Improver  
編舞者: Cathy Dacumos (USA) & Claudio Dacumos (USA) - October 2019  
音樂: La Isla Bonita - Madonna : (Album: True Blue)



**Intro: 32 counts, begin with weight on left foot**

**Section 1: Cross samba step x 2, forward mambo, coaster step (12 o'clock)**

1&2      Cross right foot in front of left, rock left foot to side, recover onto right foot  
3&4      Cross left foot in front of right foot, rock right foot to side, recover onto left foot  
5&6      Rock forward onto right foot, recover back onto left foot, step right foot slightly back  
7&8      Step back on left foot, step right foot next to left, step slightly forward onto left foot

**Section 2: Forward rock, recover, shuffle ½ turn R , forward rock, recover, shuffle ½ turn L (12-6-12 o'clock)**

1-2      Rock forward onto right foot, recover back onto left foot  
3&4      Shuffle ½ turn right stepping right-left-right  
5-6      Rock forward on left foot, recover back onto right foot  
7&8      Shuffle ½ turn left stepping left-right-left

**(Non-turning option: Rock forward, recover, shuffle back, rock back, recover, shuffle forward)  
Restart here on wall 2 and wall 4)**

**Section 3: Side- together, side shuffle right, side-together, side shuffle left (12 o'clock)**

1-2      Step right foot to right side, step left foot next to right  
3&4      Step right foot to right side, step left foot next to right, step right foot to right side  
5-6      Step left foot to left side, step right foot next to left foot  
7&8      Step left foot to left side, step right foot next to left, step left foot to left side

**Section 4: Cross rock, recover, side shuffle right, cross rock, recover, shuffle ¼ turn left (12 to 9 o'clock)**

1-2      Cross rock right foot in front of left, recover onto left  
3&4      Step right foot to right side, step left foot next to right, step right foot to right side  
5-6      Cross rock left foot in front of right, recover onto right foot  
7&8      Step left foot to left side, step right foot next to left, turn ¼ left stepping left foot forward

**Section 5: Pivot 1/8 turn left x 2, rock forward, recover, coaster step (9 to 6 o'clock)**

1-2      Step forward on right foot, make 1/8 turn left changing weight onto left foot  
3-4      Repeat steps 1-2 (option, roll hips on these turns)  
5-6      Rock forward onto right foot, recover back onto left foot  
7&8      Step right foot back, step left foot next to right, step right foot forward

**Section 6: Skate forward x 2, shuffle forward left, skate forward x 2, shuffle forward right (6 o'clock)**

1-2      Skate forward to left diagonal with left foot, skate forward to right diagonal with right foot  
3&4      Step left foot forward to left diagonal, step right foot next to left, step left foot forward  
5-6      Skate forward to right diagonal with right foot, skate forward to left diagonal with left foot  
7&8      Step right foot forward to right diagonal, step left foot next to right, step right foot forward

**Section 7: Paddle turn ½ right, shuffle forward left, paddle turn ½ left, shuffle forward right (6-12-6 o'clock)**

1-2      Turn ¼ right touching left foot out to left side, repeat  
3&4      Step left foot forward, step right foot next to left, step left foot forward (restart here on wall 5)  
5-6      Turn ¼ left touching right foot out to right side, repeat  
7&8      Step right foot forward, step left foot next to right, step right foot forward

**Section 8: Left rocking chair, shuffle forward left, right kick-ball-change (6 o'clock)**

1-2      Rock forward onto left foot, recover back onto right foot

3-4 Rock back onto left foot, recover forward onto right foot  
5&6 Step left foot forward, step right foot next to left, step left foot forward  
7&8 Kick right foot, step down onto ball of right foot, change weight to left foot

**RESTARTS:**

**Restart after 16 counts (end of section 2) on wall 2 facing 6 o'clock, and on wall 4 facing 12 o'clock**

**Restart after 52 counts (after 3&4 of section 7) on wall 5 facing 12 o'clock**

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