

# La Isla Bonita

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Phrased Intermediate  
編舞者: Carole Gourvellec (FR) - June 2020  
音樂: La Isla Bonita - Hr. Troels



Intro : 4 counts - ( sequence : AA BB AA BB A A Restart A Tag A B A )

## Part A

### [1 – 8] Cross Rock, Side Together Step, Cross Rock, Side Together Step

1 – 2      Rock R over L, Recover on L  
3 & 4      Step R to R Side, Step L Beside R, Step R fwd  
5 – 6      Rock L over R, Recover on R  
7 & 8      Step L to L Side, Step R Beside L, Step L fwd

### [1 – 8] Step 1/2 Turn, Shuffle Back ½ Turn, Side ¼ Turn Touch, Back Touch, Back Touch

1 – 2      Step R fwd, Pivot ½ Turn L  
3 & 4      Shuffle Back ½ Turn R, L, R  
5 – 6      Side L ¼ Turn, Touch R Beside L  
&7&8      Back R, Touch L Beside R, Back L, Touch R Beside L

### [1 – 8] Cross Side, Sailor Step, Cross Side, Sailor Step ½ Turn

1 – 2      Step R over L, Step L to L Side  
3 & 4      Step R Behind L, Rock L to L Side, Step R in place  
5 – 6      Step L over R, Step R to R Side  
7 & 8      Step L Behind R Making ½ Turn L, Step R Beside R, Step L to L Side

Restart here wall 10

### [1 – 8] Walk, Walk, Mambo Back, Back, Back, Shuffle ½ Turn

1 – 2      Step R fwd, Step L fwd  
3 & 4      Rock R fwd, Recover L, Rock R Back  
5 – 6      Step Back L, Step Back R  
7 & 8      Shuffle L Making ½ turn L Stepping L, R, L

## Part B

### [1 – 8] Syncopated Cross Rocks, Cross Rock, Triple full Turn

1 – 2&      Cross Rock R over L, Recover L, Step R next to L  
3 – 4&      Cross Rock L over R, Recover R, Step L next to R  
5 – 6&      Cross Rock R over L, Recover L, Step R next to L  
7 & 8      Triple in place turning a full turn R Stepping R, L, R

### [1 – 8] Syncopated Cross Rocks, Step ½ Turn, Shuffle

1 – 2&      Cross Rock L over R, Recover R, Step L next to R  
3 – 4&      Cross Rock R over L, Recover L, Step R next to L  
5 – 6      Step L fwd, Pivot ½ Turn R  
7 & 8      Step fwd on L, Close R Behind L, Step fwd on L

### [1 – 4] Rocking Chair

1 – 2      Rock R fwd, Recover weight onto L  
3 – 4      Rock R Back, Recover weight onto L

Tag : After wall 11

### [1 – 4] Rocking Chair

1 – 2      Rock R fwd, Recover weight onto L

3 – 4            Rock R Back, Recover weight onto L

**Last Update – 2 June 2020**

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