

La Isla Bonita 2.0

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Betty Dance (HK) - November 2020
音樂: La Isla Bonita - Madonna



Intro : 64 (8x8) counts - Start on vocal

Section 1 (1-8) MAMBO FORWARD, MAMBO BACK, MAMBO LEFT, MAMBO RIGHT

1&2 Rock L forward, lift and recover weight on R, step L back in place
3&4 Rock R back, lift and recover weight on L, step R back in place
5&6 Rock L to left, lift and recover weight on R, step L back in place
7&8 Rock R to right, lift and recover weight on L, step R back in place

Section 2 (9-16) STEP FORWARD L, POINT R, REPLACE L, STEP FORWARD R, POINT L, REPLACE R, (KICK BALL CHANGE)x2

1&2-3&4 Step forward L, move R to R side on ball without weight, replace weight to L. Step forward R, move L to L side on ball without weight, replace weight to R
5&6-7&8 (Kick L forward & cross, L with ball without weight back on floor, replace weight to R)x2

Section 3 (17-24) SIDE SHUFFLE, BACK, RECOVER, SIDE SHUFFLE WITH ¼ L TURN (9:00), BACK, RECOVER

1&2-3-4 Step side L, step ball of R next to L, step together L, step back R, recover L,
5&6-7-8 Step side R with ¼ L turn (9:00), step ball of L next to R, step together R, step back L, recover R

Section 4 (25-32) FORWARD, PIVOT ½ R TURN (3:00), FORWARD SHUFFLE, (STEP CROSS, STEP LOCK)x3, STEP CROSS

1-2-3&4 Step forward L, ½ pivot turn with weight ending on R (6:00), step forward L, step ball of R next to L, step forward L
5&6&7&8 (Cross R in front of L, lock L on ball without weight)x3, cross R in front of L

TAG: 16 counts of tag at end of walls 2, 4 - & 20 counts of Tag at end of wall 5.
(Dancing Steps of Section 1 is to be used for the steps of tag)

Please watch my demo & walk through videos for practice!

Let's be happy & dance in the sun!

Enjoy dancing with Betty (Associate Degree and Licentiate Degree of Line Dancing, Qualified Teacher of Line Dancing (International Dance Teachers' Association, UK))

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