

La Isla Bonita 2024

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nia (INA) - June 2024
音樂: La Isla Bonita - Madonna



Intro : 40 count

SECTION 1 : BOTAFOGO R-L & CROSS SHUFFLE R-L, HITCH

1&2 step R cross over L (1), L to side (&), R tap in place (2)
3&4 step L cross over R (3), R to side (&), L tap in place (4)
5&6& step R over L (5), L to side (&), R cross over L (6), L Knee up (&)
7&8 step L over R (7), R to side (&), L cross over R (8)

SECTION 2 : PIVOT ½L, FORWARD SHUFFLE, PIVOT ¼R, CROSS SHUFFLE

1-2 step R forward ½ turn to L (1), L in place (2)
3&4 step R forward (3), L cross behind R (&), R forward (4)
5-6 step L forward ¼ turn to R (5), R in place (6)
7&8 step L over R (7), R to side (&), L cross over R (8)

SECTION 3 : SAMBA WHISK, FORWARD & BACK MAMBO

1a2 big step R to R (1), step ball of L slightly behind R (a), recover weight onto R (2)
3a4 big step L to L (3), step ball of R slightly behind L (a), recover weight onto L (4)
5&6 step R forward (5), L in place (&), R close beside L (6)
7&8 step L back (7), R in place (&), L close beside R (8)

SECTION 4 : SIDE MAMBO R-L, SIDE TOUCH & HIP ROLL R-L

1&2 step R to R side (1), step L in place (&), close R together (2)
3&4 step L to L side (3), step R in place (&), close L together (4)
5-6 step R side touch point (5), point R starting hip roll (6)
7-8 step L side touch point (7), point L starting hip roll (8)

Restart 3x

-on wall 3 after 16count
-on wall 6 after 16count
-on wall 8 after 20count

Nia
ULD Sumut ♥