

Isla Bonita

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Roy Verdonk (NL) & Wil Bos (NL) - March 2008
音樂: Squeeze up (feat. Teishan & Rod Fame) - La Isla Bonita : (3:26)



Intro: 32 counts (appr. 18sec.)

Or Music: La Isla Bonita by Madonna

Right Shuffle, Rocking Chair, Left Shuffle, Rocking Chair

1&2 Step right forward, Close left next to right, Step right forward
3&4& Rock left forward, Recover, Rock left back, Recover
5&6 Step left forward, Close right next to left, Step left forward
7&8& Rock right forward, Recover, Rock right back, Recover

Jazz Box ¼ Turn, Heel, Toe, Jazz Box ¼ Turn, Cross Shuffle

1&2 Cross right over left, ¼ Turn right step back on left, Step right to right side
3-4 Touch left heel forward, Point left toes back
5&6 Cross left over right, ¼ Turn left step back on right, Step left to left side
7&8 Cross right over left, Step left to left side, Cross right over left

Toe, Heel, Flick, Cross Shuffle (x2)

1&2 Touch left toes next to right (left knee points right), Touch left heel next to right (left knee points left), Flick left back
3&4 Cross left over right, Step right to right side, Cross left over right
5&6 Touch right toes next to left (right knee points left), Touch right heel next to left (right knee points right), Flick right back
7&8 Cross right over left, Step left to left side, Cross right over left

Left Side Mambo, Right Forward Mambo, Shuffle ½ Turn, Coaster Step ½ Turn

1&2 Rock left to left side, Recover, Close left next to right
3&4 Rock right forward, Recover, Close right next to left
5&6 ¼ Turn left step left to left side, Close right next to left, ¼ Turn left step left forward
7&8 Step right forward, ½ Turn left step left next to right, Step right forward

Kick & Touch, Sailor ¼ Turn, Samba Cross (x2)

1&2 Kick left forward, Step left next to right, Point right to right side
3&4 Cross right behind left, ¼ turn right step left to left side, Step right to right side
5&6 Cross left over right, Rock right to right side, Step left to left side
7&8 Cross right over left, Rock left to left side, Step right to right side

Step Forward, ½ Turn Step Back, Touch (x2), Coaster Step, Heel, Hitch, Touch

1&2 Step forward on left, ½ Turn left step back on right, Touch left next to right
3&4 Step forward on left, ½ Turn left step back on right, Touch left next to right
5&6 Step back on left, Close right to left, Step left forward
7&8 Touch right heel forward, Hitch right knee, Touch right next to left

Skate (x4), Heel Jack (x2)

1-2 Skate right to right diagonal, Skate left to left diagonal
3-4 Skate right to right diagonal, Skate left to left diagonal
5&6& Cross right over left, Step left back, Touch right heel forward, Close right next to left
7&8& Cross left over right, Step right back, Touch left heel forward, Close left next to right

Cross Shuffle, Left Side Mambo, Right Forward Mambo, Shuffle ½ Turn

1&2 Cross right over left, Step left to left, Cross right over left

3&4 Rock left to left side, Recover, Close left next to right

5&6 Rock right forward, Recover, Close right next to left

7&8 ¼ Turn left step left to left side, Close right next to left, ¼ Turn left step left forward

Start again and let the music touch your soul
