

La Bonita

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
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音樂: La Isla Bonita - Madonna



Intro: 32 counts

I. MAMBO CROSS R L- LOCK SHUFFLE – ½ TURN R COASTER STEP

1&2 Step Rf to side, Step Lf in Place, Cross Rf over Lf
3&4 Step Lf to side, Step Rf in Place, Cross Lf over Rf
5&6 Step Rf forward, Cross Lf behind Rf, Step Rf forward
7&8 Make ½ Turn R, Step Lf forward, Step Rf back together, Step Lf forward

II. LOCK SHUFFLE – KICK L Forward – PIVOT ½ TURN R – RUMBA BOX

1&2 Step Rf forward, Cross Lf behind Rf, Step Rf forward
3-4 Kick Lf forward, Make ½ turn R Touch Lf forward
5&6 Step Lf to L side, Close Rf together, Step Lf forward
7&8 Step Rf to R side, Close Lf together, Step Rf backward

III. BACKWARD LOCK SHUFFLE – ¼ TURN R SAILOR STEP- CHASSE – ½ TURN R MAMBO

1&2 Step Lf backward, Cross Rf over Lf, Step Lf backward
3&4 Make ¼ turn R Cross Rf behind Lf, Step Lf to side, Step Rf in place
5&6 Step Lf to side, Close Rf together, Step Lf to side
7&8 Step Rf forward, Recover on Lf, ½ turn R stepping forward

IV. LOCK SHUFFLE – PIVOT ½ TURN R – LOCK SHUFFLE - ½ TURN R COASTER STEP

1&2 Step Lf forward, Cross Rf behind Lf, Step Lf forward
3-4 Step Lf forward, ½ turn L, recover on Lf
5&6 Step Rf forward, Cross Lf behind Rf, Step Rf forward
7&8 Make ½ Turn R, Step Lf forward, Step Rf back together, Step Lf forward

RESTART : □

* ON WALL 3, DANCE TILL COUNT 16 AND START THE DANCE FROM BEGINNING
* ON WALL 6, DANCE TILL COUNT 16 AND START THE DANCE FROM BEGINNING
* ON WALL 8, DANCE TILL COUNT 20 AND START THE DANCE FROM BEGINNING

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ENJOY YOUR DANCE, NAMASTE

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