

La Isla Bonita

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Lina Choi (HK)

Music: La Isla Bonita - Madonna



RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT FORWARD MAMBO, LEFT BACK MAMBO

- 1&2 Cross right behind left, step left to left side, step right slightly forward
- 3&4 Cross left behind right, step right to right side, step left slightly forward
- 5&6 Rock right forward, recover weight on left, step right beside left
- 7&8 Rock left back, recover weight on right, step left beside right

RIGHT FORWARD SIDE ROCK, LEFT FORWARD SIDE ROCK, ¼ TURN LEFT & CROSS & CROSS & CROSS

- 1&2 Step right forward across left, step left slightly to left side, rock onto right in place
- 3&4 Step left forward across right, step right slightly to right side, rock onto left in place

Arm movements:

- 1 Cross hands in front of chest
 - 2 Left hand stretch forward and right hand to the right
 - 3 Cross hands in front of chest
 - 4 Right hand stretch forward and left hand to the left
-
- 5& Step right forward, pivot ¼ turn left
 - 6& Cross right over left, step left to left
 - 7&8 Cross right over left, step left to left, cross right over left

LEFT SIDE MAMBO, RIGHT SIDE MAMBO, LEFT FORWARD SIDE ROCK, RIGHT FORWARD SIDE ROCK

- 1&2 Rock left to left side, recover weight on right, step left beside right
- 3&4 Rock right to right side, recover weight on left, step right beside left
- 5&6 Step left forward across right, step right slightly to right side, rock onto left in place
- 7&8 Step right forward across left, step left slightly to left side, rock onto right in place

Arm movements:

- 5 Cross hands in front of chest
- 6 Right hand stretch forward and left hand to the left
- 7 Cross hands in front of chest
- 8 Left hand stretch forward and right hand to the right

LEFT SYNCOPATED ½ TURN LEFT, LOCK TRIPLE FORWARD, FULL TURN, RIGHT SIDE MAMBO

- 1&2 Step left forward, rock back to right make ½ turn left, step left forward
- 3&4 Step right forward, lock left behind right, step right forward
- 5 Make ½ turn right stepping back onto left
- & Make ½ turn right stepping forward onto right
- 6 Step left forward
- 7&8 Rock right to right side, recover weight on left, step right beside left

LEFT KICK BALL STEP TWICE, PADDLE FULL TURN LEFT (4 PADDLE ¼ TURN LEFT)

- 1&2 Left kick across right, step left beside right, step right slightly to right
- 3&4 Repeat 1&2
- 5 Small step left to left side turning ¼ to left, starting a left paddle turn
- & Step right slightly behind left, step on ball of right foot
- 6 Replace weight to left foot continuing left turn

- & Left paddle turn with right slightly behind left, step on ball of right foot
- 7 Replace weight to left foot continuing left turn
- & Left paddle turn with right slightly behind left step on ball of right foot
- 8 Replace weight to left foot completing paddle turn

RIGHT KICK BALL STEP TWICE, PADDLE FULL TURN RIGHT (4 PADDLE ¼ TURN RIGHT)

- 1&2 Right kick across left, step right beside left, step left slightly to left
- 3&4 Repeat 1&2
- 5 Small step right to right side, turning ¼ to right, starting a right paddle turn
- & Step left slightly behind right, step on ball of left foot
- 6 Replace weight to right foot continuing right turn
- & Right paddle turn with left foot slightly behind right, step on ball of left foot
- 7 Replace weight to right foot continuing right turn
- 8 Step left slightly to left, completing paddle turn

REPEAT
