

La Isla Bonita

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Lina Choi (HK)
音乐: 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
