# La Isla Bonita

級數: Beginner



拍數: 32

編舞者: Katherine Lee (SG) - June 2020

**牆數:**1

音樂: La Isla Bonita - Madonna

\* for our stay home friends with space constraint at home.\*

# Starts with our Right Foot.

# S1: Side Mambo x 2, Forward Mambo, Back Mambo

1&23&4
1&5&67&8
RF side rock, LF recover, RF together, LF side rock, RF recover, LF together,
RF rock forward, LF recover, RF together, LF rock back, RF recover, RF together.

# S2: Cross Samba x 2, ½ Right turn Mambo, Forward, pivot ½ Right turn, together

- 1&2 RF cross, LF step ball to the side, RF recover,
- 3&4 LF cross, RF step ball to the side, LF recover,
- 5&6 RF rock forward, LF recover, RF forward ½ R-turn(6:00),
- 7&8 LF forward, pivot ½ R-turn(12:00), LF together.

## S3: Samba Whisk x 2, forward Mambo, Coaster step

- 1&23&4 RF Side, LF rock back, RF recover, LF side, RF rock back, LF recover,
- 5&67&8 RF rock forward, LF recover, RF together, LF step back, RF together, LF forward.

#### S4: Forward, 1/2 Right-turn, back, touch with hip bump x 2

1234 RF forward, LF back ½ R-turn(6:00), RF back, LF touch forward with hip bump, 5678 LF forward, RF back ½ L-turn(12:00), LF back, RF touch forward with hip bump.

**Restarts:-**

up to 16counts at Wall 3 / Wall 6 up to 20counts at Wall 8

Keep Active! Keep Dancing! HappyfitLDG2020@hotmail.com