

La Isla Bonita

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Count: 48

Wall: 4

Level: Phrased Intermediate

Choreographer: Carole Gourvellec (FR) June 2020

Music: La Isla Bonita Hr. Troels Madonna

Intro : 4 counts - (sequence : AA BB AA BB A A Restart A Tag A B A)

Part A

[1 - 8] Cross Rock, Side Together Step, Cross Rock, Side Together Step

- 1 - 2 Rock L over L, Recover on L
- 3 & 4 Step L to L Side, Step R Beside R, Step L fwd
- 5 - 6 Rock R over R, Recover on R
- 7 & 8 Step R to R Side, Step L Beside L, Step R fwd

[1 - 8] Step 1/2 Turn, Shuffle Back 1/2 Turn, Side 1/4 Turn Touch, Back Touch, Back Touch

- 1 - 2 Step L fwd, Pivot 1/2 Turn L
- 3 & 4 Shuffle Back 1/2 Turn R, L, R
- 5 - 6 Side R 1/4 Turn, Touch L Beside L
- &7&8 Back R, Touch R Beside R, Back L, Touch L Beside L

[1 - 8] Cross Side, Sailor Step, Cross Side, Sailor Step 1/2 Turn

- 1 - 2 Step L over L, Step R to R Side
- 3 & 4 Step L Behind L, Rock R to R Side, Step L in place
- 5 - 6 Step R over R, Step L to L Side
- 7 & 8 Step R Behind L Making 1/2 Turn L, Step L Beside R, Step R to R Side

Restart here wall 10

[1 - 8] Walk, Walk, Mambo Back, Back, Back, Shuffle 1/2 Turn

- 1 - 2 Step L fwd, Step R fwd
- 3 & 4 Rock L fwd, Recover L, Rock L Back
- 5 - 6 Step Back L, Step Back R
- 7 & 8 Shuffle R Making 1/2 turn R Stepping L, R, L

Part B

[1 - 8] Syncopated Cross Rocks, Cross Rock, Triple full Turn

- 1 - 2& Cross Rock L over L, Recover L, Step L next to L
- 3 - 4& Cross Rock R over R, Recover R, Step R next to R
- 5 - 6& Cross Rock L over L, Recover L, Step L next to L
- 7 & 8 Triple in place turning a full turn L Stepping R, L, R

[1 - 8] Syncopated Cross Rocks, Step ½ Turn, Shuffle

- 1 - 2& Cross Rock R over R, Recover R, Step R next to R
- 3 - 4& Cross Rock L over L, Recover L, Step L next to L
- 5 - 6 Step R fwd, Pivot ½ Turn R
- 7 & 8 Step fwd on L, Close L Behind L, Step fwd on L

[1 - 4] Rocking Chair

- 1 - 2 Rock L fwd, Recover weight onto L
- 3 - 4 Rock L Back, Recover weight onto L

Tag : After wall 11

[1 - 4] Rocking Chair

- 1 - 2 Rock L fwd, Recover weight onto L
- 3 - 4 Rock L Back, Recover weight onto L

Last Update - 2 June 2020

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