

La Cintura

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Gitte Plöger (DK) - April 2019

Musik: La Cintura (feat. Flo Rida & TINI) (Remix) - Álvaro Soler : (iTunes)



Intro: 16 count - No Tags or Restarts

Sec 1: Side, Together, Side Chasse', Cross Rock/ Recover, chasse' ¼ L

- 1 – 2 Step R to right side (1) step L next to R (2)
- 3 & 4 Step R to right side (3) step L next to R (&) step R to R side (4)
- 5 – 6 Cross L over R (5) Recover on R (6)
- 7 & 8 Step L to left side (7) step R next to L (&) 1/4 turn Left on L (8) (9:00)

Sec 2 : ¼ turn L Side, Together, Side Chasse', Cross Rock/ Recover, Chasse' ¼ turn L

- 1 – 2 Step 1/4 R to right side (1) step L next to R (2)(6:00)
- 3 & 4 Step R to right side (3) step L next to R (6) step R to right side (4)
- 5 – 6 Cross L over R (5) recover on R (6)
- 7 & 8 Step L to left side (7) step R next to L (&) step ¼ left on L (8) (3:00)

Sec 3 : Samba R & L, Cross, Back, ½ Turn Right, Step

- 1 & 2 Cross R over L (1) step L to left side (&) recover on R (2)
- 3 & 4 Cross L over R (3) step R to right side (&) recover on L (4)
- 5 – 6 Cross R over L (5) step back on L (6)
- 7 – 8 1/2 turn right on R (7) step L fwd (8) (9:00)

Sec 4: Fwd Mambo R, Back Mambo L, Side Mambo R & L

- 1 & 2 Step R fwd (1) recover on L (&) step R next to L (2)
- 3 & 4 Step back on L (3) recover on R (&) step L next to R (4)
- 5 & 6 Step R to right side (5) recover on L (6) step R next to L (6)
- 7 & 8 Step L to left side (7) recover on R (6) step L next to R (8) (9:00)

Start again and have fun!

Ending: Wall 9: dance 16 count (3:00), step ¼ left on R to face (12:00)

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