

La Cintura

Count: 48

Wall: 2

Level: Beginner

Choreographer: Nathalie Damar (LUX) - June 2018

Music: La Cintura - Álvaro Soler



Introduction - 32 counts

SECTION 1: Mambo R forward - Mambo L Back - Right side Mambo - Left side Mambo

- 1 & 2 Step right forward, back onto left, step right beside left,
- 3 & 4 Step left back, back on right, step left beside right,
- 5 & 6 Step right to right, back on left, step right beside left,
- 7 & 8 Step left to left, back on right, step left next to right

SECTION 2: Sway R, Sway L, Shuffle to the R, Sway L, Sway R, Shuffle to the L

- 1 - 2 Step R to the right and sway to the R, step L to the left and sway to the L
- 3 & 4 Step R to the right, step L foot beside right foot, step R to right
- 5 - 6 Step L to the left and sway to the left, step R to the right and sway to the right
- 7 & 8 Step L to the left, step R foot beside left, step L to the left

SECTION 3: Shuffle forward R, Shuffle forward L - Step Pivot ½ L, Shuffle R forward

- 1 & 2 Step R forward, Step L behind R, Step R forward
- 3 & 4 Step L forward, Step R behind L, Step L forward
- 5 - 6 Step right forward, turn ½ to the left
- 7 & 8 Step right forward, Step L foot behind R foot, Step right forward

SECTION 4: Shuffle forward L, Shuffle forward R - Step Pivot ½ R, Shuffle L forward

- 1 & 2 Step L forward, Step R behind L, Step L forward
- 3 & 4 Step R forward, Step L behind L, Step R forward
- 5 - 6 Step L forward, turn ½ to the right
- 7 & 8 Step L forward, Step R foot behind L foot, Step L forward

Restart here on wall 3 and wall 6 (12h)

SECTION 5: Samba Steps R/L 2x

- 1 & 2 Step R foot to the right, Step L foot beside R, Step R foot on the spot
- 3 & 4 Step L foot to the left, Step R foot beside L, Step L foot on the spot
- 5 & 8 Repeat 1-4

(Easier Option ☐ Right side Mambo – Left side Mambo 2x)

SECTION 6: Step Pivot ¼ L 2x – Step on place R/L/R/L

- 1-2 Step right forward, turn ¼ to the L
- 3-4 Repeat
- 5-8 Step on place R/L/R/L

Tag: At the end of wall 5 (12h) - Jazz-Box: Cross R over L, step L back, step R to the side, step R slightly forward

Ending: Dance the section 1, then step forward on R and turn ½ turn to the L (12h)

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