

# La Cintura

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Ita Marsita (INA) - April 2023

**Musique:** La Cintura (feat. Flo Rida & TINI) (Remix) - Álvaro Soler



## SECTION 1: LINDY STEP

- 1 & 2 Step R to right side, Step L beside R, Step R to right side
- 3 - 4 Step back on L, recover on R
- 5 & 6 Step L to left side, Step R beside L, Step L to left side
- 7 - 8 Step back on R, recover on L

## SECTION 2: TOUCH FORWARD - TOUCH BACK - FORWARD SHUFFLE

- 1 - 2 Touch R forward, Touch R back
- 3 & 4 Step forward on R, Step L beside R, Step forward on R
- 5 - 6 Touch L forward, Touch L back
- 7 & 8 Step forward on L, Step R beside L, Step forward on L

## SECTION 3: BOTAFOGO - TURN - CROSS SHUFFLE

- 1 & 2 Cross R over L, L ball to left side, Step R in place
- 3 & 4 Cross L over R, R ball to right side, Step L in place
- 5 - 6 Step forward on R, 1/4 left in place on L
- 7 & 8 Cross R over L, Step L to left side, Cross R over L

## SECTION 4: SIDE MAMBO - TOE STRUT

- 1 & 2 Step L to left side, Step R in place, Step L beside R
- 3 & 4 Step R to right side, Step L in place, Step R beside L
- 5 - 6 Touch toe on L, Drop heel R in place
- 7 - 8 Touch toe on R Drop heel L in place

### # Note #

**Restart : On Wall 2 After 16 count**

**Tag : After Wall 3 & 5**

### V STEP

- 1 - 2 Step R to right diagonal forward, Step L to left diagonal forward
- 3 - 4 Step R back to centre, Step L close beside R

**Enjoy the dance**

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