

Waist (cintura)

拍数: 48 墙数: 4 级数: Improver
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音乐: La Cintura - Álvaro Soler



[1-8] Sway, 1 ½ Roll right, rocking chair, ¼ turn left, close

1 Step Rf to the right swinging hip to the right
2 Return weight hip left
3&4 Rotate hip 1 ½ turn right
5& Lf forward, return weight Rf
6& step Lf back, return weight Rf
7&8 Lf forward, return weight Rf, Lf close Rf ¼ turn left

[9-16] Side, Together, Rock side cross, coaster step cross back (L&R)

9 Step Rf to the right
10 Lf together Rf
11&12 Rf to the right, return weight Lf, cross Rf in front of Lf
13&14 Lf diagonal left back, Rf together Lf, cross Lf in front of Rf
15&16 Rf diagonal right back, Lf together Rf, cross Rf in front of Lf

[17-24] Press forward, lockstep (L&R)

17 Press Lf forward (optional Body roll)
18 Return weight Rf
19&20 Step Lf forward, Rf behind Lf, step Lf forward
21 Press Rf forward (optional Body Roll)
22 Return weight Lf
23&24 Step Rf forward, Lf behind Rf, step Rf forward

[25-32] Bump, Swivels, ½ turn left, coaster step, Kick ball cross, rock side cross

1&2 Hip left forward, return weight hip right, Swivel ½ turn right (weight Lf)
3&4 Rf back, Lf together Rf, Rf forward
5&6 Kick Lf forward, Lf together Rf, Hitch Rf and cross in front of Lf
7&8 Step Lf to the left, return weight Rf, cross Lf in front of Rf (RESTART 3^a wall)

[33-40] Side, together, chasse right, Side Together, chasse left

33 Step Rf to the right
34 Lf together Rf
35&36 Step Rf to the right, step Lf next to Rf, step Rf to the right
37 Step Lf to the left
38 Rf together Lf
39&40 Step Lf to the left, step Rf next to Lf, Step Lf to the left

[40-48] Mambo right forward, coaster step, steps forward R&L, rock, recover, Touch

41&42 Step Rf forward, return weight Lf, step Rf together Lf
43&44 step Lf back, step Rf next to Lf, step Lf forward
45 Step Rf forward
46 Step Lf forward
47&48 Step Rf forward, return weight Lf, touch Rf together Lf

Nota : During the steps 33-40 we will descend slightly

Tag: Sway down, Sway up (5^a wall)

1-2 down swinging the hips
3-4 up swinging the hips

Enjoy

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