

# La Cintura

拍数: 48                      墙数: 2                      级数: Beginner  
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音乐: 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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