

La Cintura

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Manuela Weniger (DE) - June 2018
音乐: La Cintura - Álvaro Soler



Intro: 16 Counts

Cross Samba Left, Cross, ¼ Turn Left/Back, 1/8 Turn Left/Close, Step/Flick, Step, Mambo Step Forward

- 1 & 2 Cross RF over LF, step LF to left side, recover on RF
- 3 & 4 Cross LF over RF, ¼ turn left/step RF back, 1/8 turn left/step LF next to RF (7:30)
- 5 – 6 Step RF forward/flick LF back, step LF forward
- 7 & 8 Step RF forward, recover on LF, step RF back

Back Back, 1/8 Turn Left/Side/Hitch, 1/8 Turn Left/Step, Step, 1/8 Turn Left/Side, Sailor Step, Cross, ¼ Turn Right/Back, ¼ Turn Right/Side

- 1 & 2 Step LF back, step RF back, 1/8 turn left/step LF to left side/hitch right knee (6:00)
- 3 & 4 1/8 turn left/step RF forward (4:30), step LF forward, 1/8 Turn left/step RF to right side (3:00)
- 5 & 6 Cross LF behind RF, step RF to right side, step LF to left side
- 7 Cross RF over LF
- 8 & ¼ turn right/step LF back, ¼ turn right/step RF to right side (9:00)

¼ Turn Right/Rock Step, Lock Shuffle Back, Mambo Step Back, Lock Step, Step, ¼ Pivot Turn Right, Cross

- 1 – 2 ¼ turn right/step LF forward, recover on RF (12:00)
- 3 & 4 Step LF back, lock RF in front of LF, step LF back
- 5 & 6 Step RF back, recover on LF, step RF forward
- & 7 Lock LF behind RF, step RF forward
- 8 & 1 Step LF forward, ¼ pivot turn right (weight is on RF), cross LF over RF (3:00)

Side, Behind-Side-Cross, ¼ Turn Left/Back, ¼ Turn Left/Side, Cross Rock, Side Rock

- 2 Step RF to right side
- 3 & 4 Cross LF behind RF, step RF to right side, cross LF over RF
- 5 – 6 ¼ Turn left/step RF back, ¼ turn left/step LF to left side (9:00)
- 7 & Cross RF over LF, recover on LF
- 8 & Step RF to right side, recover on LF

Repeat

Tag after Wall 8 (12:00)

Cross Samba Left + Right

- 1 & 2 Cross RF over LF, step LF to left side, recover on RF
- 3 & 4 Cross LF over RF, step RF to right side, recover on LF

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