

La Cintura

拍数: 32 墙数: 4 级数: Improver
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音乐: La Cintura - Álvaro Soler



S-1. Step back, coaster step, forward shuffle, pivot ¼ L-cross

1 2 step back on R, L
3 & 4 step back on R, L close to R, step R forward
5 & 6 step L forward, close R to L, step L forward
7 & 8 step R forward,- turn ¼ L (weight on L) - R forward

S-2. Botafogo, forward-recover, back shuffle

1 & 2 L cross over R, step side R, in place L
3 & 4 R cross over L, step side L, in place R
5 6 step L forward, recover on R
7 & 8 step L back, close R to L, step L back

S-3. Step back-recover, forward shuffle, pivot ½ R, turn ½ R back shuffle

1 2 step R back, recover on L
3 & 4 forward R-L together-forward R
5 6 step L forward, turn ½ R, step R forward
7 & 8 turn ½ R step L back, close R to L, step L back

S-4. Swipe back, coaster step, forward turn ½ forward, forward shuffle

1 2 swipe back on R - L
3 & 4 step R back, close L to R, step R forward
5 6 step L forward, turn ½ L step R back
7 & 8 turn ½ L step L forward, close R to L, step L forward

Restart : at wall 3 (after 16 counts)

Tag : at wall 5 and wall 7 mambo side :

1&2 3&4 side R-recover L-close R to L, side L-recover R-close L to R
