

# La Tortura

拍数: 48      墙数: 2      级数: Beginner  
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音乐: La Tortura - Shakira



## ¼ PIVOT LEFT 2X, MAMBO FORWARD, MAMBO BACK

1-2      Step forward right. Pivot ¼ turn left  
3-4      Step forward right. Pivot ¼ turn left  
5      Rock forward on right  
&6      Rock back onto left, step back on right  
7      Rock back on left  
&8      Rock forward on right, step forward left

## SIDE ROCK & CROSS RIGHT & LEFT, LOCK SHUFFLE BACK, SWEEP LEFT, STEP IN PLACE RIGHT & LEFT

1      Rock right to right side  
&2      Rock onto left in place, cross right over left  
3      Rock left to left side  
&4      Rock onto right in place, cross left over right  
5&      Step back right, cross left over right  
6      Step back right  
7      Sweep left foot out from front to back  
&8      Step in place - right-left

## CHASSE RIGHT, COASTER STEP, POINT ACROSS, POINT, CROSS SHUFFLE

1&      Step right to right side, close left beside right  
2      Step right to right side  
3&4      Step left back, step right beside left, step forward left  
5-6      Touch right across left, touch right to right side  
7&      Cross right over left, step left to left  
8      Cross right over left

## ¼ TURN, STEP, STEP, ROCK STEP, SHUFFLE TURN LEFT 2X

1-2      Pivot ¼ turn left step forward left - step forward right  
2-4      Rock forward on left, rock back onto right  
5&6      Shuffle step ½ turn left, stepping left-right-left  
7&8      Shuffle step ½ turn left, stepping -right-left-right

## COASTER STEP, DIAGONAL STEPS AND SHUFFLE

1&2      Step left back, step right beside left, step forward left  
3-4      Step right forward into left diagonal, step left beside right  
5&      Step right forward into left diagonal, lock left behind right  
6      Step right forward into left diagonal  
7-8      Step left forward into right diagonal, step right beside left

## DIAGONAL SHUFFLE, ¾ TURN RIGHT, BACK ROCK, HIP SWAY

1&      Step left forward into right diagonal, lock right behind left  
2      Step right forward into left diagonal  
3      Pivot ½ turn right step forward right  
4      Pivot ¼ turn right step left to the left side  
5-6      Rock back on right - rock forward on left

- 7 Small step right to right side, sway hips to right side
- 8 Sway hips to left side

**REPEAT**

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