

La Cintura

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ann-Kristin Sandberg (NOR) - June 2018
音樂: La Cintura - Álvaro Soler : (iTunes)



INTRO: 16 Counts

Mambo steps-Side-Together-Chasse

1&2 Step R forw, Recover onto L, Step R next to L
3&4 Step L backw, Recover onto R, Step L next to R
5-6 Step R to R side, Step L next to R
7&8 Step R to R side, Step L next to R, Step R to R side

Mambo steps-Side-Together- Chasse with ¼ turn L

1&2 Step L forw, Recover onto R, Step L next to R
3&4 Step R backw, Recover onto L, Step R next to L
5-6 Step L to L side, Step R next to L
7&8 Step L to L side, Step R next to L, ¼ turn L stepping L forw (F09)

Paddle turn ¼ turn L-Shuffle-Paddle turn ¼ turn R-Shuffle

1-2 Point R out to R side, ¼ turn L pointing R to R side (F06)
3&4 Step R forw, Step L next to R, Step R forw
5-6 Point L out to L side, ¼ turn R pointing L to L side (F09)
7&8 Step L forw, Step R next to L, Step L forw

Mambo steps-Step-Pivot ¼ turn L-Step-Pivot ¼ turn L

1&2 Step R forw, Recover onto L, Step R next to L
3&4 Step L backw, Recover onto R, Step L next to R
5-6 Step R forw, Pivot ¼ turn L (F06)
7-8 Step R forw, Pivot ¼ turn L (F03)

*1 easy Restart : Wall 9 Facing 12: Dance the first 4 count & start again.

ENJOY & HAPPY DANCING!

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