

# La Cintura

拍數: 32      牆數: 4      級數: Improver  
編舞者: Ita Marsita (INA) - April 2023  
音樂: La Cintura (feat. Flo Rida & TINI) (Remix) - Álvaro Soler



## SECTION 1: LINDY STEP

1 & 2      Step R to right side, Step L beside R, Step R to right side  
3 - 4      Step back on L, recover on R  
5 & 6      Step L to left side, Step R beside L, Step L to left side  
7 - 8      Step back on R, recover on L

## SECTION 2: TOUCH FORWARD - TOUCH BACK - FORWARD SHUFFLE

1 - 2      Touch R forward, Touch R back  
3 & 4      Step forward on R, Step L beside R, Step forward on R  
5 - 6      Touch L forward, Touch L back  
7 & 8      Step forward on L, Step R beside L, Step forward on L

## SECTION 3: BOTAFOGO - TURN - CROSS SHUFFLE

1 & 2      Cross R over L, L ball to left side, Step R in place  
3 & 4      Cross L over R, R ball to right side, Step L in place  
5 - 6      Step forward on R, 1/4 left in place on L  
7 & 8      Cross R over L, Step L to left side, Cross R over L

## SECTION 4: SIDE MAMBO - TOE STRUT

1 & 2      Step L to left side, Step R in place, Step L beside R  
3 & 4      Step R to right side, Step L in place, Step R beside L  
5 - 6      Touch toe on L, Drop heel R in place  
7 - 8      Touch toe on R Drop heel L in place

### # Note #

Restart : On Wall 2 After 16 count

Tag : After Wall 3 & 5

### V STEP

1 - 2      Step R to right diagonal forward, Step L to left diagonal forward  
3 - 4      Step R back to centre, Step L close beside R

Enjoy the dance

ita26167@gmail.com