

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

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