

LA CINTURA

Choreographie: Rebecca Metzger

32 count, 4 wall Improver Line Dance

Music: La Cintura - Alvaro Soler

Dance starts after 16 counts

1-8 WALK 2X, SHUFFLE FWD, VOLTAS 2X

1,2 Walk RF forward, Wall LF forward

3&4 Step RF forward, close LF to RF, step RF forward

5&6 Cross LF over RF, step RF to right side, bring weight back to LF

7&8 Cross RF over LF, step LF to left side, bring weight back to RF

9-16 CROSS-BACK-BACK ¼ TURN, CROSS-BACK-BACK, HIP SWAY 2X, SAILOR STEP

1&2 Cross LF over RF, turn ¼ to left side and step RF backwards, step LF backwards

3&4 Cross RF over LF, step LF backwards, step RF backwards

5-6 Step LF to left side while swinging hip to left side, sway hip to right side

7&8 Step LF behind RF, step RF to right side, step LF to left side

17-24 PADDLE TURNS ⅝, MAMBO STEP, TRIPLE TURN 1½

1,2 Turn ¼ left, point RF to right side (6:00), turn ¼ left, point RF to right side (3:00)

3,4 Turn ⅝ left, point RF to right side (1:30), step RF forward

5&6 Step LF forward, bring weight back to RF, step LF backwards

7&8 Turn ½ right and step RF forward (7:30), turn ½ right and step LF backwards, turn ½ right and step RF forward (7:30)

25-32 OUT 2X, IN 2X, ROCK FWD, BEHIND-SIDE-FWD (½ TURN), CROSS ROCK, SIDE, CLOSE

&1&2 Step LF to left side, step RF to right side, step LF to the middle, close RF to LF

3& Step LF forward, bring weight back to RF

4&5 Step LF back, turn ¼ right and step RF to right side, turn ¼ right and step LF forward (1:30)

6&7,8 Step RF forward, bring weight back to LF, turn ⅝ right and step RF to right side (3:00), close LF to RF

TAG: after wall 7 before you start wall 8

1,2,3,4 Sway hips R, L, R, L

And start from the beginning!