

La Cintura

32 Count 4 Wall Beginner

Choreographed by : Ann-Kristin Sandberg (Norway) June-18

Music : "La Cintura" By Alvaro Soler (3,25) I-Tunes

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!

Mail: anne88@online.no