

La Cintura

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Nijs Mario – April 2018

Music: La Cintura von Alvaro Soler

INTRO: This dance starts after 16 counts

[1-8] Backlock, Back, Flick, Full turn R

1 & 2RF back, Lock LF in front of RF (&), RF back

3 - 4LF back, Flick RF in front of LF

5 - 6RF forward, ½ turn R + LF back

7 - 8½ turn R + RF forward, LF forward

[9-16] OUT, OUT, Hip Bump LRL, Hip Bump Front-R-Rear-L

1 - 2RF sideways R (OUT), LF sideways L (OUT)

3 & 4 Hip Bump L, Hip Bump R (&), Hip Bump L OR replace by RH on R hip (3), Place LH on L hip (4)

5678 Hip Bump Front, Hip Bump R, Hip Bump Back, Hip Bump L (End with weight on LF)

Option Styling: Hold both hands on the hips for OUT / OUT (count 1-2) during the hip bumps

[17-24] Diagonal cross / side + Clap (2X), Heel swivels (OUT, IN, R)

1 - 2 Cross RF diagonal L in front LF + Clap in hands, LF diagonal L to side + Clap in hands

3 - 4 Cross RF diagonal L in front LF + Clap in hands, LF diagonal L to side + Clap in hands

5 - 6RF sideways to R, Recover LF (Bend knees)

7 & 8 Swivel both heels out, Swivel both heels to center (&), Swivel both heels to R (End weight on RV)

[25-32] Bodyroll R, Bodyroll L, Paddle ¼ turn L, Jump

1 & 2 & Bodyroll R or Shoulder shimmy's (Bent knees + Weight on RV)

3 & 4 & Bodyroll L or Shoulder shimmy's (Bent knees + Weight on LV)

5 & 6 & 1/8 turn R + RF sideways R (Hip Roll), Recover LV (&), 1/8 turn R + RH sideways R (Hip Roll), Recover LV (&)

7 - 8RV before, Jump LV behind + crossed gesture with arms

Option Styling: Make a circular movement with bodyrolls with both fists. Hold RH on R hip + LH up at Paddle turns

TAG: AFTER WALL 8 - Facing 12:00)

Cucaracha RLRL

1 - 4 Cucaracha RLRL

Keep it cool and dance !!!

Contact: mnijs3@gmail.com