

Waist (cintura)

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Andrés de la Rubia Albertí - April 2018

Music: La Cintura (Alvaro Soler)

[1-8] Sway, 1 ½ Roll right, rocking chair, ¼ turn left, close

- 1 Step Rf to the right swinging hip to the right
- 2 Return weight hip left
- 3&4 Rotate hip 1 ½ turn right
- 5& Lf forward, return weight Rf

6&step Lf back, return weight Rf

- 7&8 Lf forward, return weight Rf, Lf close Rf ¼ turn left

[9-16] Side,Together, Rock side cross, coaster step cross back (L&R)

- 9 Step Rf to the right
- 10 Lf together Rf
- 11&12 Rf to the right, return weight Lf, cross Rf in front of Lf
- 13&14 Lf diagonal left back, Rf together Lf, cross Lf in front of Rf
- 15&16 Rf diagonal right back, Lf together Rf, cross Rf in front of Lf

[17-24] Press forward, lockstep (L&R)

- 17 Press Lf forward (optional Body roll)
- 18 Return weight Rf
- 19&20 Step Lf forward, Rf behind Lf, step Lf forward
- 21 Press Rf forward (optional Body Roll)
- 22 Return weight Lf
- 23&24 Step Rf forward, Lf behind Rf, step Rf forward

[25-32] Bump, Swivels, ½ turn left, coaster step, Kick ball cross, rock side cross

- 1&2 Hip left forward, return weight hip right, Swivel ½ turn right (weight Lf)
- 3&4 Rf back, Lf together Rf, Rf forward
- 5&6 Kick Lf forward, Lf together Rf, Hitch Rf and cross in front of Lf

7&8 Step Lf to the left, return weight Rf, cross Lf in front of Rf (RESTART 3ª wall)

[33-40] Side, together, chasse right, Side Together, chasse left

33 Step Rf to the right

34 Lf together Rf

35&36 Step Rf to the right, step Lf next to Rf, step Rf to the right

37 Step Lf to the left

38 Rf together Lf

39&40 Step Lf to the left, step Rf next to Lf, Step Lf to the left

[40-48] Mambo right forward, coaster step, steps forward R&L, rock,recover,Touch

41&42 Step Rf forward, return weight Lf, step Rf together Lf

43&44step Lf back, step Rf next to Lf, step Lf forward

45 Step Rf forward

46 Step Lf forward

47&48 Step Rf forward, return weight Lf, touch Rf together Lf

Nota : During the steps 33-40 we will descend slightly

Tag: Sway down, Sway up (5ª wall)

1-2down swinging the hips

3-4up swinging the hips

Enjoy

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