

# La Cintura

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**Count:** 32

**Wall:** 1

**Level:** Ultra Beginner

**Choreographer:** Nicole Miller – July 2018

**Music:** La Cintura by Alvaro Soler

## Start dancing after 16 counts

### SIDE TOGETHER, SHUFFLE R, ROCKING CHAIR

- 1-2 Step right to right, step left together,  
3&4 Step right to right, step left together, step right to right  
5-8 Step left forward, recover right, step left back, recover right

### SIDE TOGETHER, SHUFFLE L, ROCKING CHAIR

- 1-2 Step left to left, step right together,  
3&4 Step left to left, step right together, step left to left  
5-8 Step right forward, recover left, step right back, recover left

### SHUFFLE FORWARD 2X, STEP TURN 2X

- 1&2 Step right forward, step left next to right, step right forward,  
3&4 Step left forward, step right next to left, step left forward,  
5-8 Step right forward, turn  $\frac{1}{4}$  left, step right forward, turn  $\frac{1}{4}$  left (with hip rolls)

### SHUFFLE FORWARD 2X, STEP TURN 2X

- 1&2 Step right forward, step left next to right, step right forward,  
3&4 Step left forward, step right next to left, step left forward,  
5-8 Step right forward, turn  $\frac{1}{4}$  left, step right forward, turn  $\frac{1}{4}$  left (with hip rolls)

### REPEAT

### TAG: After wall 7:

- 1-4 Sway right, left, right, left