

# La Cintura

LINEDANCE.COM

**Count:** 48      **Wall:** 2      **Level:** Beginner

**Choreographer:** Nathalie Damar (June 2018)

**Music:** La Cintura - Alvaro Soler

## Introduction - 32 counts

### SECTION 1: Mambo R forward - Mambo L Back - Right side Mambo - Left side Mambo

- 1 & 2      Step right forward, back onto left, step right beside left,
- 3 & 4      Step left back, back on right, step left beside right,
- 5 & 6      Step right to right, back on left, step right beside left,
- 7 & 8      Step left to left, back on right, step left next to right

### SECTION 2: Sway R, Sway L, Shuffle to the R, Sway L, Sway R, Shuffle to the L

- 1 - 2      Step R to the right and sway to the R, step L to the left and sway to the L
- 3 & 4      Step R to the right, step L foot beside right foot, step R to right
- 5 - 6      Step L to the left and sway to the left, step R to the right and sway to the right
- 7 & 8      Step L to the left, step R foot beside left, step L to the left

### SECTION 3: Shuffle forward R, Shuffle forward L - Step Pivot ½ L, Shuffle R forward

- 1 & 2      Step R forward, Step L behind R, Step R forward
- 3 & 4      Step L forward, Step R behind L, Step L forward
- 5 - 6      Step right forward, turn ½ to the left
- 7 & 8      Step right forward, Step L foot behind R foot, Step right forward

### SECTION 4: Shuffle forward L, Shuffle forward R - Step Pivot ½ R, Shuffle L forward

- 1 & 2      Step L forward, Step R behind L, Step L forward
- 3 & 4      Step R forward, Step L behind L, Step R forward
- 5 - 6      Step L forward, turn ½ to the right
- 7 & 8      Step L forward, Step R foot behind L foot, Step L forward

### Restart here on wall 3 and wall 6 (12h)

### SECTION 5: Samba Steps R/L 2x

- 1 & 2** Step R foot to the right, Step L foot beside R, Step R foot on the spot
- 3 & 4** Step L foot to the left, Step R foot beside L, Step L foot on the spot
- 5 & 8** Repeat 1-4

**(Easier Option □ Right side Mambo - Left side Mambo 2x)**

**SECTION 6: Step Pivot  $\frac{1}{4}$  L 2x - Step on place R/L/R/L**

- 1-2** Step right forward, turn  $\frac{1}{4}$  to the L
- 3-4** Repeat
- 5-8** Step on place R/L/R/L

**Tag: At the end of wall 5 (12h) - Jazz-Box: Cross R over L, step L back, step R to the side, step R slightly forward**

**Ending: Dance the section 1, then step forward on R and turn  $\frac{1}{2}$  turn to the L (12h)**

**Contact: [nathaliedamar@sfr.fr](mailto:nathaliedamar@sfr.fr)**