

# La Cintura

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Ann-Kristin Sandberg (Norway) June 2018

**Music:** "La Cintura" By Alvaro Soler (3,25) iTunes



## 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!**

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