拍数： 48
境数： 2
级数：Beginner
编舞者：Nathalie Damar（LUX）－June 2018
音乐：La Cintura－Álvaro 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 \＆ $4 \quad$ 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 \＆ $8 \quad$ 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 $1 / 2$ L，Shuffle R forward
1 \＆ $2 \quad$ Step $R$ forward，Step $L$ behind R，Step R forward
3 \＆ $4 \quad$ Step $L$ forward，Step $R$ behind $L$ ，Step $L$ forward
5－6 Step right forward，turn $1 / 2$ to the left
7 \＆ $8 \quad$ Step right forward，Step L foot behind R foot，Step right forward
SECTION 4：Shuffle forward L，Shuffle forward R－Step Pivot $1 / 2$ 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 $1 / 2$ 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 $2 x$
1 \＆ 2 Step $R$ foot to the right，Step $L$ foot beside $R$ ，Step $R$ foot on the spot
3 \＆ $4 \quad$ Step $L$ foot to the left，Step $R$ foot beside $L$ ，Step $L$ foot on the spot
5\＆8 Repeat 1－4
（Easier Option $\square$ Right side Mambo－Left side Mambo 2 x ）
SECTION 6：Step Pivot $1 / 4 \mathrm{~L} 2 x$－Step on place R／L／R／L
1－2 Step right forward，turn $1 / 4$ 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 $1 / 2$ turn to the $L$（12h）
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