

Waist (cintura)

拍數: 48 牆數: 4 級數: Improver
編舞者: Andrés de la Rubia Albertí (ES) - April 2018
音樂: La Cintura - Álvaro 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&44 step 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)

1-2 down swinging the hips
3-4 up swinging the hips

Enjoy

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