



La Cintura

Alvaro Soler

Level: Intermediate



Choreographer: Michael Becker

Duration: 3:25
BPM: 100

Sequence as follows

Intro (16B)

Wait 16B

Part A (32B)

High Horse	DS DT(xif) H DT(unx) H RS BA/H UP/SL DS DS RS
	L R L R L RL R L L R L R LR
	&1 & 2 & 3 &4 & 5 &6 &7 &8
Samantha	DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS
	L R R L L R LR L R LR
	&1 &2 & 3 & 4 &5 &6 &7 &8
Rocking Chair	DS BR UP/H DS RS
	L R R L R LR
	R L L R L RL
	&1 & 2 &3 &4
Jazz Box	S S(xif) S(ib) S(ots)
	L R L R
	1 2 3 4

High Horse

Part B (16B)

Rock Heel Turn $\frac{1}{2}$ R	R H(w) S DS RS
	L R (turn 1/2 R) L R LR
	& 1 2 &3 &4
2 Basic Brush	DS BR UP/H
	L R R L
	R L L R
	&1 & 2

Repeat all above once to face front again

Part C1 (16B)

Shifted Ohio	R H(fwd/w) FLP S DT UP/H DS DT UP/H TCH UP/H DS RS
	L R R L R R L R L L R L L R L RL
	& 1 & 2 & 3 &4 & 5 & 6 &7 &8
Lucy spin 1/2L	DS RS BR UP/H T(xif) H TCH(ib) H TCH(ib) H R H(w) S
	R LR L L R L L R L R L R L turn 1/2L R
	&1 &2 & 3 & 4 & 5 & 6 & 7 8

Repeat Part C1: Shifted Ohio; Lucy spin 1/2L

Part D (16B)

3 Cotton Kick	KK UP(xif)/H KK UP(unx)/H DS RS	turn 1/3 L on DS RS
turn 1/3L	L L R L L R L RL	
	R R L R R L R LR	
	& 1 & 2 &3 &4	

Push Turn full right

Part C2 (16B)

Shifted Ohio

Rocking Chair DS BR UP/H DS RS
move back R L L R L RL
 &1 & 2 &3 &4

Alabama DS DT(b) H TCH(ib) H BR UP/H
 L R L R L R R L
 R L R L R L L R
 &1 & 2 & 3 & 4

Part E (8B)

Fishers Step DS DT UP/H T(xif) H TCH(ots) H T(xif) H TCH(ots) H DS RS
 L R R L R R L R L L R L R LR
 &1 & 2 & 3 & 4 & 5 & 6 &7 &8

Part E: Fishers Step

Part A: High Horse; Samantha; Rocking Chair; Jazz Box; High Horse

Part B: {Rock Heel Turn; 2 Basic Brush} 2x

Part C1: Shifted Ohio; Lucy spin 1/2L

Part D: 3 Cotton Kick turn 1/3L; Push Turn full right

Part C1: Shifted Ohio; Lucy spin 1/2L

Brk (36B)

Jazz Box S S(xif) S(ib) S(ots)
(silent!) L R L R
 R L R L
 1 2 3 4

3 Bonanza Basic DS DS(xif) DT(b) H DT(b) H DS(xib) R(ots) S(xif) DS RS **turn 1/4R**
turn 1/4R L R L R L R R L L R LR **on DS RS**
 &1 &2 & 3 & 4 &5 & 6 &7 &8

Fancy Double DS DS RS RS
 L R LR LR
 R L RL RL
 &1 &2 &3 &4

Rock Heel Turn 1/4R

Part D: 3 Cotton Kick turn 1/3L; Push Turn full right

Part C2: Shifted Ohio; Rocking Chair bk; Alabama

Part D: 3 Cotton Kick turn 1/3L; Push Turn full right

Part E: Fishers Step

End: Basic