

# ROMPE Cintura MERENGUE

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**Count:** 144      **Wall:** 4      **Level:** Phrased Improver

**Choreographer:** Val Saari, (Canada, October 2018)

**Music:** Rompe Cintura - Los Hermanos Rosario

## PHRASED SEQUENCE: AA B CC AA C B AA B

### PART A: 64 Counts

#### S:A1 SIDE TOGETHER TO THE RIGHT, TOUCH, SIDE TOGETHER TO THE LEFT, TOUCH

1-4      Step RF right, Step LF together, Step RF right, Touch LF beside R

5-8      Step LF left, Step RF together, Step LF left, Touch RF beside L

#### S:A2 REPEAT S:1 SIDE TOGETHER SIDE TOUCHES, RL

#### S:A3 RF CROSS ROCK, STEP R,L X 2

1-4      Cross-rock RF over L, LF recover, Step RF beside L, Step LF in place

5-8      Cross-rock RF over L, LF recover, Step RF beside L, Step LF in place

#### S:A4 REPEAT S:3 RF CROSS ROCK, STEP R,L X 2

#### S:A5 STEP PIVOT 1/4 x 4

1-8      Step fwd on R Pivot 1/4 left, Step on LF

#### Repeat this pivot turn x 3

#### S:A6 ROCKING CHAIR X 2

1-4      Rock RF forward, Recover LF, Rock RF back, Recover LF

5-8      Rock RF forward, Recover LF, Rock RF back, Recover LF

#### S:A7 REPEAT S:A5 STEP PIVOT 1/4 x 4

#### S:A8 REPEAT S:A6 ROCKING CHAIR X 2

### PART B: 48 Counts

#### S:B1 HEEL BOUNCES X 8 (RRRR,LLLL)

1-4      With feet apart, Bounce on RF heel four times

5-8      Bounce on LF heel four times

### **S:B2 REPEAT S:1 (HEEL BOUNCES)**

### **S:B3 HEEL SWITCHES X 4 (R,L,R,L)**

- 1-4** Touch R Heel forward on floor, Step RF beside L, Touch L Heel forward on floor, Step LF beside R
- 5-8** Touch R Heel forward on floor, Step RF beside L, Touch L Heel forward on floor, Step LF beside R

### **S:B4 TRAVELLING SWIVELS WITH DOUBLE CLAP, RIGHT, LEFT**

- 1-4** Swivel both heels to right, both toes to right, both heels to right, Clap Twice (&4)
- 5-8** Swivel both heels to left, both toes to left, both heels to left, Clap Twice (&4)

### **S:B5 REPEAT S:3**

### **S:B6 REPEAT S:1**

### **PART C: 32**

### **S:C1 WALK FORWARD (R,L,R) POINT L, WALK BACK (L,R,L) POINT R**

- 1-4** Walk forward, RLR, Point LF side left
- 5-8** Step back, LRL, Point RF side right

### **S:C2 REPEAT S:1 WALK FORWARD (R,L,R) POINT L, WALK BACK (L,R,L) POINT R**

### **S:C3 RAMBLES FORWARD X 4**

- 1-4R** step forward, L point to left side, L step forward, R point to right side
- 5-8R** step forward, L point to left side, L step forward, R point to right side

### **S:C4 RF ROCKING CHAIR, RF PIVOT 1/4 R ROCKING CHAIR**

- 1-4** Rock RF forward, Recover Left, Rock RF back, Recover Left
- 5-8** Rock RF forward pivot 1/4 R, Recover Left, Rock RF back, Recover Left

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