

La Cita

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Hiroko Carlsson (Grafton, Australia) January 2026

Music: "La Cita" by Alejandro Sans, Emilia- Available on Spotify/YouTube Music/Deezer/Apple Music

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(Intro: 16 counts)

[S1] Cross-Samba, Cross, 1/4L Back, Back-Lock-Back, Back Mambo

1&2 Cross R over L, Samba rock L to the side, Replace weight on R

3 4 Cross L over R, Make a ¼ turn left stepping back on R (9:00)

5&6 Step back on L, Lock R over L, Step back on L

7&8 Mambo step back on R, Replace weigh on L, Step forward on R

[S2] Fwd Rock, 1/4L Sway-Sway, Fwd w/ Spiral 3/4R, Lock Step Fwd

1 2 Rock forward on L, Replace weight on R

3 4 Make a ¼ turn left stepping L to the side and sway to the left (6:00), Sway to the right

5 6 Step forward on L, Make a ¾ spiral turn right on ball of L foot (3:00)

7&8 Step forward on R, Lock L behind R, Step forward on R

[S3] Side Rock-Cross, Turning Shuffle 1/4L-1/2L-1/4L

1&2 Rock L to the side, Replace weight on R, Cross L over R

3&4 Make a ¼ turn left shuffle back on R-L-R (12:00)

5&6 Make a ½ turn left shuffle forward on L-R-L (6:00)

7&8 Make a ¼ turn left side shuffle to the right on R-L-R (3:00)

[S4] Back Rock, 1/4R Shuffle Back, 1/4R Turning V Step

1 2 Rock L behind R, Replace weight on R

3&4 Make a ¼ turn right shuffle back on L-R-L (6:00)

5 6 Making a ⅓ turn right stepping diagonally out-out on R-L (7:30)

7 8 Making a ⅓ turn right stepping back in-in on R-L (9:00)

Restart with Step Change on Wall 5 Count 16 (12:00), Add following 4 Counts (12:00)

1 2 3 4 Rock forward on L, Replace weight on R, Make a ¼ turn left stepping L to the side (12:00),
Touch R next to L

(updated: 27/Jan/26)