

Senza Una Donna

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Gordon Timms (UK) - May 2007
音樂: Senza Una Donna - Zucchero & Paul Young



Start the dance on the vocals?heavy beat and then the word "you"

SECTION 1 **Rock Step ½ Turn, Step ¼ turn Cross, Hips Sways, Behind ¼ Turn Step.**

- 1 & 2 Rock forward on the right, recover on to left, Turn ½ turn right stepping right forward.
- 3 & 4 Step Left forward, Pivot ¼ turn right, cross left over right.
- 5 & 6 Step right to right side swaying on to right hip, recover on to left swaying on to left hip.
- 7 & 8 Cross right behind left, step left turning ¼ turn left, Step right forward. [Faces 6.00]

SECTION 2 **Rock, Recover, Back steps with Sweeps. Behind, Side and Cross, Hip Sways.**

- 1 & 2 Rock Forward on the left, Recover on to the right, step back on the left foot.
- 3 - 4 Sweep around and step back on the right, Sweep around and step back on the left.
- 5 & 6 Cross right behind left, step left to left side, Cross right over left.
- 7 - 8 Step left to left side swaying on to left hip, recover on to right swaying on to right hip. [Faces 6.00]

SECTION 3 **Close, Side, Point, Ronde, Quarter Sailor Step, Forward, Half Turn, Coaster Cross.**

- & 1 2 Close left next to right (&) Step right to right side (1) Point left in front of right (2) (WOR)
- 3 & 4 Ronde left back into a Quarter Turn Left with a Sailor Step, Turning on the 2nd step. L-R-L
- 5 - 6 Step forward on the right, make a half turn right stepping back on the left.
- 7 & 8 Right Coaster Step, step right foot back, step left next to right, step right foot across left. [Faces 9.00]

SECTION 4 **Cross, Side, Back, Cross Side, Back, Step, Sweep, Ronde, Quarter Sailor Step**

- 1 2 & Cross left over right, step right to right side, step left slightly back on the left diagonal.
- 3 4 & Cross right over left, step left to left side, step right slightly back straightening your step.
- 5 - 6 Step forward on the left, Sweep right around and touch point right toe in front of left.
- 7 & 8 Ronde right back into a Quarter Turn Right with a Sailor Step, Turning on the 2nd step. R-L-R [Faces 12.00]

SECTION 5 **Modified Side Mambo Steps x 3, Ronde, Behind, Side and Cross.**

- 1 & 2 Rock out left to left side, recover on to right, cross left over right on the right diagonal
- 3 & 4 Rock out right to right side, recover on to left, cross right over left on the left diagonal
- 5 & 6 Rock out left to left side, recover on to right, step left directly behind right.
- 7 & 8 Ronde right back into cross right behind left, step left to left side, Cross right over left. [Faces 12.00]

SECTION 6 **Quarter Turn x 2, Left Lock Step, Step Half Turn & Step, Step Quarter Turn & Step.**

- 1 - 2 Turning Quarter Turn right step back on left, Turning Quarter Turn right step right forward.
- 3 & 4 Step forward on left, lock right behind left, step forward left.
- 5 & 6 Rock forward on the right, recover on to left, Turn ½ turn right stepping right forward
- 7 & 8 Rock forward on the left, recover on to right, Turn ¼ turn left stepping left to side. [Faces 9.00]

SECTION 7 **Cross, Half Turn Unwind, Left Coaster Step, Slow Hip Sways, Right Shuffle Forward.**

- 1 - 2 Cross ?scissors? right foot over left, (1) unwind ½ turn left (weight on right) (2)
- 3 & 4 Left Coaster Step, step left foot back, step right next to left, step left foot forward
- 5 - 6 Step right forward swaying on to right hip, recover back on to left swaying on to left hip.
- 7 & 8 Right Forward Shuffle, step right foot forward, step left next to right, step right foot forward. [Faces 3.00]

SECTION 8 **Side Step, Drag, Right Side Chasse, Cross Rock Recover, Side, Together, Forward.**

- 1 2 & Step forward on the left,(1) pivot turn $\frac{1}{4}$ turn right,(2) drag right foot up to left.(&) Weight stays on left!
- 3 & 4 Right Side Chasse, stepping right-left-right
- 5 - 6 Cross rock left over right, recover back on to right.
- 7 & 8 Step left to left side, step right next to left, step left foot forward. [Faces 6.00]

ENJOY!

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