

Mia Donna (My Woman)

Count: 80

Wand: 4

Ebene: Improver

Choreograf/in: Sebastiaan Holtland (NL) - January 2012

Musik: Per una donna - Orchestra Bagutti : (Album: Calice Amaro 2004)



32 count intro (21 Sec).

Sec 1: [1-8] Step, Hold, ½ L, Hold, Step, ¼ L, Side, Behind, Hold.

- 1-2 Step Rf forward, Hold. (12:00)
- 3-4 Turn ½ left (6) weight onto Rf, Hold.
- 5-6 Step Lf forward, turn ¼ left (3) step Rf to the right weight onto Rf.
- 7-8 Step Lf behind Rf, Hold.

Sec 2: [9-16] 2x Rumba Rock R-L, Together, Hold.

- 1-4 Rock Rf to the right side, recover on Lf, step Rf next to Lf, Hold. (with hip moves)
- 5-8 Rock Lf to the left side, recover on Rf, step Lf next to Rf, Hold. (3:00) (with hip moves)

Sec 3: [17-24] Scissor Step, Hold, ¼ R, Back, ¼ R, Step, Step, Hold.

- 1-4 Step Rf to the right, step Lf beside Rf, cross Rf over Lf weight onto Rf, Hold.
- 5-8 Turn ¼ right (6) step Lf back, turn ¼ right (9) step Rf slightly to the right, step Lf slightly forward, Hold.

Sec 4: [25-32] Big Side Step, Drag, Back Rock, Recover, Side, ¼ L, Back, Recover, Step.

- 1-2 Step Rf big to the right, drag on Lf weight onto Rf.
- 3-4 Cross Rock Lf back, recover on Rf.
- 5-6 Step Lf to the left, turn ¼ left (6) step Rf slightly back weight onto Rf.
- 7-8 Recover on Lf, step Rf slightly forward weight onto Rf.

Sec 5: [33-40] Side, Together, Step, Hold, Side, Together, Step, Hold.

- 1-4 Step Lf to the left, step Rf next to Lf, step Lf forward, Hold.
- 5-8 Step Rf to the right, step Lf next to Rf, step Rf forward, Hold.

Sec 6: [41-48] Side, Together, Back, ¼ L, Run Back R-L-R, Hold.

- 1-4 Step Lf to the left, step Rf next to Lf, step Lf back, Hold.
- 5-8 Turn ¼ left (3) step Rf back, step Lf back, step Rf back, Hold.

Sec 7: [49-56] Back Rock, Recover, ¼ R, Side, Hold, Back Rock, Recover, Side, Hold.

- 1-2 Rock Lf back, recover on Rf.
- 3-4 Turn ¼ right (6) step Lf to the left, Hold.
- 5-6 Rock Rf back, recover on Lf.
- 7-8 Step Rf to the right, Hold. (6:00)

Sec 8: [57-64] ¼ Rumba Sailor R, Hold, Step, Hold, ½ Pivot L, Hold.

- 1-4 Step Lf behind Rf, turn ¼ left (9) step Rf to the right, step Lf forward, Hold.
- 5-6 Step Rf forward, Hold.
- 7-8 Turn ½ left (3) taking weight onto Lf, Hold.

Restart here WALL 2 after 64 counts (6 o'clock) after start again.

Sec 9: [65-72] Prissy Walks Fwd R-L, Fwd Rock, Recover, ¼ R, Side, Hold.

- 1-2 Walk Rf forward slightly across Lf, Hold. (3:00)
- 3-4 Walk Lf forward slightly across Rf, Hold.
- 5-6 Rock Rf forward, recover on Lf.
- 7-8 Turn ¼ right (6) step Rf to the right, Hold.

Sec 10: [73-80] Sway L, Hold, Sway R, Hold, Rumba Chasse ¼ L, Hold.

1-2 Sway L hip to the left, Hold.

3-4 Sway R hip to the right, Hold.

5-6 Step Lf to the left, step Rf next to Lf, turn ¼ left (3) step Lf forward, Hold. (3:00)

Start again and have fun!
