Senza Una Donna (Without A Woman)

Niveau: Intermediate/Advanced nightclub

Chorégraphe: Gordon Timms (UK)

Compte: 64

1&2

3&4

7&8

1&2

3-4

5&6

7-8

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3&4

5-6

7&8

12&

34&

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7&8

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7&8

1-2

3&4

5&6

7&8

1-2

3&4

5-6

7&8

12& 3&4

56

Musique: Senza Una Donna - Zucchero & Paul Young

Step left forward, pivot 1/4 turn right, cross left over right Step right to right side swaying on to right hip, recover on to left swaying on to left hip Cross right behind left, step left turning 1/4 turn left, step right forward (6:00) ROCK, RECOVER, BACK STEPS WITH SWEEPS, BEHIND, SIDE AND CROSS, HIP SWAYS Rock forward on the left, recover on to the right, step back on the left foot Sweep around and step back on the right, sweep around and step back on the left Cross right behind left, step left to left side, cross right over left Step left to left side swaying on to left hip, recover on to right swaying on to right hip (6:00) CLOSE, SIDE, POINT, RONDE, ¼ SAILOR STEP, FORWARD, ½ TURN, COASTER CROSS Close left next to right, step right to right side, point left in front of right (weight on right) Ronde left back into a ¼ turn left with a sailor step, turning on the 2nd step, Left-right-left Step forward on the right, make a ¹/₂ turn right stepping back on the left Right coaster step, step right foot back, step left next to right, step right foot across left (9:00) CROSS, SIDE, BACK, CROSS SIDE, BACK, STEP, SWEEP, RONDE, ¼ SAILOR STEP Cross left over right, step right to right side, step left slightly back on the left diagonal Cross right over left, step left to left side, step right slightly back straightening your step Step forward on the left, sweep right around and touch point right toe in front of left Ronde right back into a 1/4 turn right with a sailor step, turning on the 2nd step, Right-left-right (12:00) MODIFIED SIDE MAMBO STEPS X 3, RONDE, BEHIND, SIDE AND CROSS Rock out left to left side, recover on to right, cross left over right on the right diagonal Rock out right to right side, recover on to left, cross right over left on the left diagonal Rock out left to left side, recover on to right, step left directly behind right Ronde right back into cross right behind left, step left to left side, cross right over left (12:00) 1⁄4 TURN TWICE, LEFT LOCK STEP, STEP 1⁄2 TURN & STEP, STEP 1⁄4 TURN & STEP Turning 1/4 turn right step back on left, turning 1/4 turn right step right forward Step forward on left, lock right behind left, step forward left Rock forward on the right, recover on to left, turn 1/2 turn right stepping right forward Rock forward on the left, recover on to right, turn ¼ turn left stepping left to side (9:00) CROSS, ½ TURN UNWIND, LEFT COASTER STEP, SLOW HIP SWAYS, RIGHT SHUFFLE FORWARD Cross scissors right foot over left, unwind $\frac{1}{2}$ turn left (weight on right) Left coaster step, step left foot back, step right next to left, step left foot forward Step right forward swaying on to right hip, recover back on to left swaying on to left hip Right forward shuffle, step right foot forward, step left next to right, step right foot forward (3:00) SIDE STEP, DRAG, RIGHT SIDE CHASSE, CROSS ROCK RECOVER, SIDE, TOGETHER, FORWARD Step forward on the left, pivot turn 1/4 turn right, drag right foot up to left, weight stays on left Right side chasse, stepping right-left-right





ROCK STEP ½ TURN, STEP ¼ TURN CROSS, HIPS SWAYS, BEHIND ¼ TURN STEP

Rock forward on the right, recover on to left, turn ¹/₂ turn right stepping right forward

Mur: 2

5-6	Cros	ss	rock	le	eft	over	right,	recover	bac	ck	on	to r	ight	

7&8 Step left to left side, step right next to left, step left foot forward (6:00)

REPEAT