

Senza Una Donna (Without A Woman)

COPPER KNOB
STEPSHEETS

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



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 (6:00)

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 (6:00)

CLOSE, SIDE, POINT, RONDE, ¼ SAILOR STEP, FORWARD, ½ TURN, COASTER CROSS

&12 Close left next to right, step right to right side, point left in front of right (weight on right)
3&4 Ronde left back into a ¼ turn left with a sailor step, turning on the 2nd step, Left-right-left
5-6 Step forward on the right, make a ½ 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 (9:00)

CROSS, SIDE, BACK, CROSS SIDE, BACK, STEP, SWEEP, RONDE, ¼ SAILOR STEP

12& Cross left over right, step right to right side, step left slightly back on the left diagonal
34& 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 ¼ 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

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 (12:00)

¼ TURN TWICE, LEFT LOCK STEP, STEP ½ TURN & STEP, STEP ¼ TURN & STEP

1-2 Turning ¼ turn right step back on left, turning ¼ 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 (9:00)

CROSS, ½ TURN UNWIND, LEFT COASTER STEP, SLOW HIP SWAYS, RIGHT SHUFFLE FORWARD

1-2 Cross scissors right foot over left, unwind ½ turn left (weight on right)
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 (3:00)

SIDE STEP, DRAG, RIGHT SIDE CHASSE, CROSS ROCK RECOVER, SIDE, TOGETHER, FORWARD

12& Step forward on the left, pivot turn ¼ turn right, 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 (6:00)

REPEAT
