

# UNA CAREZZA

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Music: Prandi Sound CD 084, Sapiel International Collection, track 13,  
"Una Carezza In Un Pugno" @ 24 MPM  
Footwork: opposite, directions for man; timing QQS unless noted  
Level: PHASE VI Rumba  
Difficulty Level: average 2009  
Sequence: **Intro A, B, C, B, End**



## INTRODUCTION

### **1-4 WAIT 1; SLOW HIP ROCKS; SWIVEL to FACE & HOLD; SPOT TURN;**

- 1 **[WAIT 1]** Aida pos fc RLOD lead feet free pntd to RLOD no hnds jnd;
- 2 **[Hip Rk SS]** Rock fwd L roll hip fwd lght sweep arm fwd, -, rec R roll hip bk sweep arm bk out, -;
- 3 **[Swivel & Hold S-]** Fwd L, -/ swvl LF (RF) to fc WALL (COH) jn lead hnds pnt trail foot RLOD, hold, -;
- 4 **[Spot Turn]** Thru R trn LF (RF) 1/2, rec L trn LF (RF) 1/4, sd L fc WALL,-;

## PART A

### **1-8 NEW YORKER; AIDA; SYNC HIP ROCK & FACE; ALEMANA ENDING; ROPESPIN 1/ 2 man face line; SIDE BREAK lady UNDERARM IN 4; SIDE WALK to SIDECAR; CHECK lady DEVELOPE;**

- 1 **[New Yorker]** Body trn RF (LF) ck thru L, rec R trn LF (RF), sd & fwd L "V" LOD,-;
- 2 **[Aida]** Thru R trn RF (LF), fwd L trn RF (LF), bk & sd R "V" pos fc RLOD sweep trail hnds up & out,-;
- 3 **[Hip Rk & Face Q&Q&-]** Rock fwd L roll hip fwd slight sweep arm fwd / rec R roll hip bk sweep arm bk out, fwd L / swvl LF (RF) to bfly WALL tch trail hnds, pnt trail ft RLOD, -;
- 4-5 **[Alemana to Rope Spin 1/2 man Fc LOD]** Bk & sd R trn lady undr lead hnds, sd L sml stp, cl R fc WALL spiral lady RF undr lead hnds,-; press sd L lead hnds ovr head lead lady arnd CW w/right arm, rec R trn LF, fwd L left opn LOD,-; (fwd L brush right ft trn RF undr lead hnds, fwd R trn RF brush lft ft, trn RF sd & fwd L spiral RF fc COH,-; fwd circle wlk arnd man CW R,L,R to left opn LOD,-;)
- 6 **[Side Brk & Under in 4 QQQQ]** Rk sd R, rec sd L mve behnd lady raise lead hnds, XRIFL trn RF fc WALL, cl L fc WALL bfly (rk sd L, rec R strt LF undrarm trn, XLIFR trn LF, bk R to bfly fc COH);
- 7 **[Side Walk]** sd R, cl L, sd R bfly sdcar WALL;
- 8 **[Check Developpe S-]** Ck fwd L in bfly scr DRW,-, strghtn right knee slowly shape body RF trn keep right leg extndd bk bhnd body,- (ck bk R in bfly scr,-, body trn RF raise lft knee, kick lft leg to DLC & lower to R);

### **9-14 SYNC SIDE WALK with HIP TWIST; CROSS BODY; ADVANCED ALEMANA;; CUDDLE & lady SPIRAL; FAN;**

- 9 **[Sync Side Walk Hip Twist QQ&S&]** Bk R trn LF, sd L/cl R, fwd L toe pnt LOD (DLC) /man lwer on L trng body RF extnd R leg sd & out R arm up & out (hip twst RF bk to man);
- 10 **[Cross Body]** Body trn LF bk R toe in brng lady fwd, rec L body trn LF, sd & fwd R to opn fcng fc COH,- (fwd L, fwd R trn LF, sd & bk L to fc WALL,-);
- 11-12 **[Adv Alemana]** Fwd L, rec R raise lead hnds, sd L strt RF trn,-; XRINL trn RF, sd L trn rf, cl R fc WALL cp,- (bk R, fwd L, fwd R toe in start RF trn,-; fwd L brush right ft trn RF, fwd R trn RF brush lft ft, trn RF sd & fwd L to cp fc COH,-);
- 13 **[Cuddle & Spiral]** Sd L slight body trn RF extnd lft hnd up/out, rec R body trn LF, cl L jn lead hnds trn lady LF fc WALL,- (trn RF sd & bk R extnd right arm out, rec L trn LF, fwd R sml stp spiral LF fc DLW,-);
- 14 **[Fan QQS]** Bk R, rec L body trn LF, sd & fwd R fc WALL fan pos,- (fwd L LOD, fwd R trn LF to fc RLOD, bk & sd L body at angle to man,-);

## PART B

### **1-8 ALEMANA to SHADOW;; ADVANCE SLIDING DOOR lady SITLINE & SPIRAL to SHADOW;; ADVANCE SLIDING DOOR lady SPIRAL; man back into AIDA; SYNC HIP ROCK & FACE; SPOT TURN;**

- 1-2 **[Alemana to Shadow]** Fwd L, rec R raise lead hnds, cl L,-; bk R, rec L, XRIFL fc WALL lead lady to right sd,- / trn her RF to shdw WALL jn lft hnds; (bk R, fwd L, fwd R toe out start RF trn,-; fwd L brush right ft trn RF, fwd R trn RF brush lft ft, trn RF sd L to man's right sd, - / trn RF to shdw fc WALL); [1<sup>st</sup> time from fan - 2<sup>nd</sup> time from open facing lady steps back step 1]
- 3-4 **[Adv Sliding Door Sit & Spiral]** Fwd L body trn RF, rec R body trn LF, XLIBR tandm pos WALL,-; trn lady RF undr lft hnds body trn RF lunge sd R, rec L trn LF, XRIFL sml stp brng lady fwd & trn her to shdw,-;(trn RF sd & bk R extnd right arm out, rec L trn LF, XRIFL fc WALL,-; shrp trn RF undr left hnds bk on L in sit line, rec fwd R, fwd L spiral RF to shdw fc WALL,-);

- 5 **[Adv Sliding Door & Spiral]** Fwd L body trn RF, rec R body trn LF, cl R slight body trn LF lead lady to spiral LF undr lft hnds fc DRW,- (trn RF sd & bk R extnd right arm out, rec L trn LF, XRIFL spiral LF fc WALL,-);
- 6 **[Aida]** Trn RF bk R, bk L join lead hnds, bk & sd R "V" pos fc RLOD trail hnds up & out (fwd L body trn LF, f fwd R trn LF join lead hnds, bk & sd L trail hnds up & out,-);
- 7 **[Hip Rk & Face Q&Q&-]** Rock fwd L roll hip fwd slight sweep arm fwd / rec R roll hip bk sweep arm bk out, fwd L / swvl LF (RF) to bfly WALL tch trail hnds, pnt trial ft RLOD, -;
- 8 **[Spot Turn]** Thru R trn LF (RF) 1/2, rec L trn LF (RF) 1/4, sd L bfly WALL,-;

**9-15 NEW YORKER to 1/ 2 OPEN; OPEN IN & OUT RUN;; MANEUVER PIVOT to RUDOLPH RONDE; SYNC LARIAT man FACE REV; ADVANCED HIP TWIST; FACING FAN;**

- 9 **[New Yorker]** Body trn RF (LF) ck thru L, rec R trn LF (RF), sd & fwd L 1/2 opn LOD,-;
- 10-11 **[In & Out Run]** Thru R trn RF, fwd & sd L trn RF, sd & fwd R LOD half left open lady in lft arm, - (thru L sml stp body trn RF, fwd R sml stp, body trn RF fwd L LOD half left open,-); thru L sml stp body trn RF, fwd R sml stp, body trn RF fwd L LOD lady in right arm half open,- (thru R trn RF, fwd & sd L trn RF, sd & fwd R LOD, -);
- 12 **[Man Pivot Rudolph Ronde]** Thru R in semi, jn lead hnds trn RF sd & bk L cp, pvt RF fwd R DLC btwn W's feet lwer leave L leg extended trn body RF & lead W to ronde CW,- (thru L, fwd R trn RF, bk L ronde R CW, -);
- 13 **[Sync Lariat Q&QS]** Sd L part wght raise lead hnds lead W arnd right sd hnds over M's head / rec R, rec L / trn LF fc RLOD, cl R cp RLOD,- (XRIBL strt tight circle vine CW arnd man / sd & fwd L, XRIFL, sml step sd L cp fc LOD,-);
- 14 **[Adv Hip Twist]** Body trn RF fwd L RLOD extnd arms to lady, rec R trn LF to bjo , bk L body trn RF,- (strng trn RF bk R, rec L trn RF to bjo, fwd R swvl RF to fc WALL,-);
- 15 **[Fan Open Facing]** Bk R, rec L body trn LF, fwd R fc WALL opn fcng,- (fwd L, fwd R trn LF to fc COH, bk L , -);

**PART C**

**1-8 LUNGE & SIT to a CURL; FAN; HOCKEY STICK lady SPIRAL TO SHADOW man TRANSITION;; SIDE WALK; SHADOW CONTRA CHECK RECOVER POINT twice;; END of a HOCKEY STICK man TRANSITION;**

- 1 **[Lunge & Sit to Curl -- S (QQS)]** Opn fcng WALL lwer on R extnd lft leg sd & bk good tone press lady bk, strt rise on R bring lady fwd, slight trn LF to fc DLW sml stp sd L wrap lady LF undr lead hnds, -(bk R contra ck action sit line action, rec fwd L strt rise, fwd R spiral LF to mom wrap DLW,-);
- 2 **[Fan QQS]** Bk & sd R, rec L body trn LF, sd & fwd R fc WALL fan pos,- (fwd L LOD, fwd R trn LF to fc RLOD, bk & sd L body at angle to man,-);
- 3 . 4 **[Hockey Stick Spiral Man trans QQSQ&QS (QQSQQS)]** Fwd L, rec R raise jnd lead hnds, cl L to lady's right sd look at ptrnr spiral her LF,-; slight body trn RF bk R bhnd L / rec fwd L, sd R, release hold cl L shdw fc WALL,-; (cl R , fwd L, fwd R slight RF body trn & spiral LF,-; fwd L, fwd R trn LF fc WALL, cl L to tandem fc WALL,-;) now same foot work
- 5 **[Side Walk]** sd R, cl L, sd R tight shdw fc WALL; move RLOD
- 6 **[Contra Check Rec Point QQ-]** Strng body trn LF ck fwd L soften knee body erect keep jnd lft arms out, rec R body trn RF, pnt L LOD no wght shape slight lft hnds out to sd body fc DRW shdw look WALL,-;
- 7 **[Contra Check Rec Point QQ-]** Repeat meas 6, Part C
- 8 **[End of Hockey StickTrans SS(QQS)]** Fwd L, hold & trn lady LF, fwd R to opn fcng fc WALL jn lead hnds,- (fwd L, fwd R trn LF, bk L to opn fcng fc LOD jn lead hnds,-);

**END**

**1-6 CHASE TURN man head loop; CROSS BODY; REVERSE UNDERARM TURN; MANEUVER PREPARATION; SAMEFOOT LUNGE & EXTEND;**

- 1 **[Chase w/head loop]** Fwd L trn ½ RF, rec fwd R body trn RF undr lead hnds, sd & fwd L mve COH body fc LOD (bk R, rec L, fwd R); OPTION: man may omit head loop but rejoin lead hnds after his turn
- 2 **[Cross Body]** Bk R brng lady fwd, rec L trn LF, sd R to fc COH,- (fwd L, fwd R trn LF, sd L to fc WALL,-);
- 3 **[Rev Underarm Trn]** Ck thru L raise lead hnds trn lady under, rec R, sd & fwd L blnd semi RLOD,- (fwd R trn LF under lead hnds, rec L trn LF, sd R semi RLOD,-);
- 4 **[Man Prep QQ -(QQS)]** Thru R trn LF cp RLOD, sd & bk L body trn RF, tch R samefoot prep pos fc WALL,- (thru L, fwd R trn RF, sd L sml stp fc DLC samefoot prep pos,-);
- 5-6 **[Samefoot Lunge SSSS]** Hold slight sway lft & lwr sd & fwd R soften R knee leave L extnd sd & bk,-, chng shape to right slight body trn LF look at lady,- , place lady's right on left shlder,-; extend left hnd out (slight sway right bk R soften R knee,-, strng shape to left look well left, -; extend left hnd out,-)

**Sequence: Intro A, B, C, B, End**