

Glorianna

32 count, 4 wall, beginner/intermediate level

Choreographer: William Sevone (Feb 2006)

Choreographed to: Don't Wanna Lose You by Gloria Estefan, Greatest Hits Vol. 1 (82 bpm)

Choreographers note:- The music appears slow – but the dance is faster due to the rhythm. For those who like their dances even quicker, the maximum tempo I would professionally advise is 120 bpm and only then for the more experienced dancer. But remember, the faster the dance – the greater is the loss to the artistic flow.

Throughout this dance, strong hip movements are in evidence. They are aesthetically pleasing because they assist the dancer with their control of the dance. Without going into exacting detail – the dancer can add these where they feel they are most comfortable with them.

The song is also available in Portuguese ('Se tenho que te perder') – and does add that 'little something'.

Always remember - **'The beat may reach your feet - but the rhythm should electrify your soul'.**

Dance starts after the long intro (46 seconds) on the word 'So.. open your eyes'. Weight on left foot.

2x Rock Fwd-Recover-1/2 Turn Shuffle (12:00)

- 1 – 2 Rock step right forward. Recover onto left.
3& 4 Turn ½ right & shuffle forward stepping: R.L-R.
5 – 6 Rock step left forward. Recover onto right.
7& 8 Turn ½ left & shuffle forward stepping: L.R-L.

2x Side Rock-Recover-Reverse Cross Shuffle (12:00)

- 9 – 10 Rock step right to right side. Recover onto left.
11& 12 Cross right 'behind' left, step left to left side, cross right 'behind' left
13 – 14 Rock step left foot to left side. Recover onto right.
15& 16 Cross left 'behind' right, step right to right side, cross left 'behind' right.

¼ Right Fwd. ½ Right. Shuffle Fwd. Rock. Recover-¼ Left. Shuffle Fwd (6:00)

- 17 – 18 Turn ¼ right & step right forward. Lifting left knee slightly - turn ½ right stepping forward onto left.
19& 20 Shuffle forward stepping: R.L-R.
21 – 22 Rock step forward onto left. Step onto right & turn ¼ left.
Option **Counts 21–22: Step left forward. Lifting right knee slightly - turn ¾ right stepping forward onto right.**
23& 24 Shuffle forward stepping: L.R-L.

Fwd. ½ Left Rock Bwd. Shuffle Fwd. Rock. Recover. Shuffle Fwd. ¼ Left Knee Turn (9:00)

- 25 – 26 Step right forward. Turn ½ left & rock backward onto left.
27& 28 Shuffle forward stepping: R.L-R.
29 – 30 Rock step left forward. Recover onto right.
31& 32 Shuffle forward stepping: L.R-L.
& Lifting right knee slightly - turn ¼ left (knee still raised)

General Dance note: All shuffles are short stepped – and body angled.

Other suggested music:	The Delfonics	La la means I love you (85 bpm)
	Liz McClarnon	Woman in love (91 bpm)
	Al Greene	Tired of being alone (99 bpm)
	Jimmy Ruffin	What becomes of the broken hearted (99 bpm)
	Dionne Warwick	Heartbreaker (101 bpm)
	Sly & The Family Stone	Family affair (109 bpm)
	Lou Rawls	You'll never find another love like mine (110 bpm)
	Gloria Estefan	Mi buen amor (120 bpm)