

## COSE DELLA VITA

*(The Way Of Life)*

**Choreographer:** Alan G. Birchall (November 2004)

**Level:** Intermediate/Advanced

**Dance:** Two – Wall Line Dance

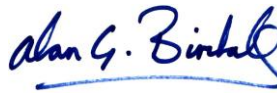
**Steps/Count:** 64

**Music:** Cose Della Vita – Tina Turner & Eros Ramazotti

**CD:** All The Best (Cd2) **BPM:** 90

**Start:** On Vocals **Count:** 64 **Secs:** 32

**STEPS**



### FRONT SAILOR TURN, STEP, TURN, STEP, STEP ½ PIVOT, FULL TRIPLE TURN WITH PRESS

**1&2** Cross Right Over Left, Make ½ Turn Right Stepping Left To Left, Step Forward On Right (6 '0' Clock)

**3&4** Step Forward On Left, Make ½ Turn Right, Step Forward On Left (12 '0' Clock)

**5-6** Step Forward On Right, ½ Pivot Left (6 '0' Clock)

**7&8** Full Triple Turn Left, Stepping, Right, Left, Right End Pressing Forward On Right To Stop Suddenly (6 '0' Clock)

*Alternative For 7&8: Right Shuffle Forward End Pressing Forward On Right To Stop Suddenly (6 '0' Clock)*

### STEP BACK x 2, CROSS BEHIND, UNWIND ¾, SIDE SHUFFLE, ¼ TURN, SIDE SHUFFLE

**9-10** Step Back On Left, Step Back On Right

**11-12** Sweep Left Around Behind Right, Unwind ¾ Turn Left (Weight Ends On Left Facing 9'0' Clock)

**13&14** Make Small Side Shuffle To Right Bumping Hips, Right, Left, Right

**15&16** Make ¼ Turn Left (6 '0' Clock) Making Small Side Shuffle Bumping Hips Left, Right, Left

### ¼ TURN SIDE SHUFFLE, BEHIND, SIDE, IN FRONT, WALK, RONDE ½ TURN, TOUCH

**17&18** Make ¼ Turn Left (3 '0' Clock) Making Small Side Shuffle Bumping Hips Right, Left, Right

**19&20** Cross Left Behind Right, Step Right To Right, Cross Left Over Right

**21-22** Walk Forward Crossing Right Over Left, Then Left Over Right,

**23-24** Sweep Right Around Left Making ½ Turn Left, Touch Right Next To Left – Weight Ends On Left (9 '0' Clock)

### PRESS/LUNGE, RECOVER, SAILOR STEP, HINGE TURNS, ¼ STEP, TURN, STEP

**25-26** Press/Lunge Right To Right, Recover On Left

**27&28** Cross Right Behind Left, Step Left To Left, Step Right In Place

**29-30** Make ½ Hinge Turn Right Stepping Left To Left (3 '0' Clock), Make ½ Hinge Turn Right Stepping Right To Right (9 '0' Clock) – You should be travelling towards 12 'o' clock whilst doing these steps

**31&32** Make ¼ Hinge Turn Right Stepping Forward On Left, ½ Pivot Right, Step Forward On Left (6 '0' Clock)

*Alternatives For 29 - 32: Make ¼ Turn Walk Forward Left (29), Right (30), Left (31) ½ Pivot (&), Step Forward (32)*

*Or: 27&28 – ¼ Sailor Turn Right, 29-30 Full Turn In Two Steps 31&32 Step Forward On Left, ½ Turn Right, Step Forward on Right*

### SYNCOATED ROCK TURN, STEP, SIDE SHUFFLE, CROSS MAMBO

**33&** Rock Forward On Right, Recover On Left

**34&** Turning To Face 9 '0' Clock Wall Rock Right To Right, Recover On Left

**35-36** Turning To Face 12 '0' Clock Wall Step Forward On Right, Step Forward On Left

**37&38** Step Right To Right, Step Left By Right, Step Right To Right (Bumping Hips)

**39&40** Rock Left Over Right, Recover On Right, Step Left To Left

### CROSS, ¼ TURN, STEP, CROSS, SHUFFLE TURN, COASTER STEP

**41-42** Cross Right Over Left, Making ¼ Turn Right Step Back On Left (3 '0' Clock)

**43-44** Step Right To Right, Cross Left Over Right

**45&46** Make 3/8<sup>th</sup> Shuffle Turn To Left Stepping Right, Left, Right (11 '0' Clock)

**47&48** Step Back On Left, Step Right By Left, Step Forward On Left

### PRESS, RECOVER, LOCK STEP, ½ SHUFFLE TURN, LOCK STEP

**49-50** Press Forward On Right, Recover On Left Kicking Right Forward

**51&52** Step Back On Right, Step Lock Left Over Right, Step Back On Right

**53&54** Make ½ Shuffle Turn Left Stepping Left, Right, Left (5 '0' Clock)

**55&56** Step Forward On Right, Lock Left Behind Right, Step Forward On Right

### ROCK, RECOVER, CROSS, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

**57&58** Turning Slightly Right To Face 6 '0' Clock Rock Left To Left, Recover On Right, Cross Left Over Right

**59&60** Step Right To Right, Step Left By Right, Step Right To Right (Bumping Hips)

**61-62** Cross Rock Left Over Right, Recover On Right

**63&64** Step Left To Left, Step Right By Left, Step Left To Left (Bumping Hips)

**START AGAIN**