

COSE DELLA VITA

Count: 64

Wall: 2

Level: Intermediate/Advanced level

Choreographer: Alan Birchall (UK)

Music: Cose Della Vita - Tina Turner & Eros Ramazotti : (CD: All The Best Cd2)

Music: - Start: On Vocals Count: 64 Secs: 32 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) 31&32 Make ¼ Hinge Turn Right Stepping Forward On Left, ½ Pivot Right, Step Forward On Left (6 '0' Clock) Alternative For 29 - 32: Make ¼ Turn Walk Forward Left (29), Right (30), Left (31) ½ Pivot (&), Step Forward (32) SYNCOPATED 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 3/8th 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