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Cose Della Vita (The Way Of Life)

64 count, 2 wall, intermediate/advanced level Choreographer: Alan G. Birchall (UK) November 2004 Choreographed to: Cose Della Vita by Tina Turner & Eros Ramazotti, CD: All The Best (Cd2) (90bpm)

Start: On Vocals

FRONT SAILOR TURN, STEP, TURN, STEP, STEP $\frac{1}{2}$ 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 3/4, SIDE SHUFFLE, 1/4 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&14Make Small Side Shuffle To Right Bumping Hips, Right, Left. Right

15&16Make 1/4 Turn Left (6 '0' Clock) Making Small Side Shuffle Bumping Hips Left, Right, Left

1/4 TURN SIDE SHUFFLE, BEHIND, SIDE, IN FRONT, WALK, RONDE 1/2 TURN, TOUCH

17&18Make 1/4 Turn Left (3 '0' Clock) Making Small Side Shuffle Bumping Hips Right, Left, Right

19&20Cross 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, 1/4 STEP, TURN, STEP

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

27&28Cross 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

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

39&40Rock 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 1/4 Turn Right Step Back On Left (3 '0' Clock)

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

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

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

PRESS, RECOVER, LOCK STEP, 1/2 SHUFFLE TURN, LOCK STEP

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

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

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

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

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

57858Turning Slightly Right To Face 6 '0' Clock Rock Left To Left, Recover On Right, Cross Left Over Right

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

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

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