

# COSE DELLA VITA (THE WAY OF LIFE)

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**Count:** 64      **Wall:** 2      **Level:** advanced

**Choreographer:** Alan Birchall

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

## 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 (6:00)
- 3&4**      Step forward on left, make ½ turn right and step onto right foot, step forward on left (12:00)
- 5-6**      Step forward on right, ½ pivot left (6:00)
- 7&8**      Full triple turn left, stepping, right, left, right end pressing forward on right to stop suddenly (6:00)

**Alternative for 7&8: right shuffle forward, end pressing forward on right to stop suddenly (6:00)**

## STEP BACK TWICE, 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 9:00)
- 13&14**      Make small side shuffle to right bumping hips, right, left, right
- 15&16**      Make ¼ turn left (6:00) 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 (3:00) 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 (9:00)

## 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 (3:00), make ½ hinge turn right stepping right to right (9:00)

**31&32** Make ¼ hinge turn right stepping forward on left, ½ pivot right, step forward on left (6:00)

### **Alternative for 29-32**

**29-30** Make ¼ turn walk forward left, right

**31&32** Walk forward left, ½ pivot, step forward

### **SYNCOPATED ROCK TURN, STEP, SIDE SHUFFLE, CROSS MAMBO**

**33&** Rock forward on right, recover on left

**34&** Turning to face 9:00 wall rock right to right, recover on left

**35-36** Turning to face 12:00 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 (3:00)

**43-44** Step right to right, cross left over right

**45&46** Make 3/8th shuffle turn to left stepping right, left, right (11:00)

**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 (5:00)

**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 6:00 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)

### **REPEAT**

