

# Cose Della Vita (The Way Of Life)

**COPPER** KNOB  
BY STEPHENETS

Count: 64

Wand: 2

Ebene: Advanced

Choreograf/in: Alan Birchall (UK)

Musik: Cose Della Vita - Tina Turner & Eros Ramazzotti



## 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**

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