

# Cose Della Vita (The Way Of Life)

**COPPER** KNOB  
BY STEPHEN

拍数: 64      墙数: 2      级数: Advanced  
编舞者: Alan Birchall (UK)  
音乐: Cose Della Vita - 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**

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