

Cose Della Vita (The Way Of Life)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Alan Birchall (UK)
音樂: 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
