

# Cose Della Vita

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
编舞者: Alan Birchall (UK)  
音乐: Cose Della Vita - Tina Turner & Eros Ramazotti : (CD: All The Best Cd2)



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 'O'  
Clock)  
3&4 Step  
Forward On  
Left, Make ½  
Turn Right, Step  
Forward On Left  
(12 'O' Clock)  
5-6 Step  
Forward On  
Right, ½ Pivot  
Left (6 'O'  
Clock)  
7&8 Full Triple  
Turn Left,  
Stepping, Right,  
Left, Right End  
Pressing  
Forward On  
Right To Stop  
Suddenly (6 'O'  
Clock)  
Alternative For  
7&8: Right  
Shuffle Forward  
End Pressing  
Forward On  
Right To Stop  
Suddenly (6 'O'  
Clock)

**STEP BACK x  
2, CROSS  
BEHIND,  
UNWIND  $\frac{3}{4}$ ,  
SIDE  
SHUFFLE,  $\frac{1}{4}$   
TURN, SIDE  
SHUFFLE**

9-10 Step Back  
On Left, Step  
Back On Right  
11-12 Sweep  
Left Around  
Behind Right,  
Unwind  $\frac{3}{4}$  Turn  
Left (Weight  
Ends On Left  
Facing 9'0'  
Clock)  
13&14 Make  
Small Side  
Shuffle To Right  
Bumping Hips,  
Right, Left.  
Right  
15&16 Make  $\frac{1}{4}$   
Turn Left (6 '0'  
Clock) Making  
Small Side  
Shuffle  
Bumping Hips  
Left, Right, Left

**$\frac{1}{4}$  TURN SIDE  
SHUFFLE,  
BEHIND, SIDE,  
IN FRONT,  
WALK, RONDE  
 $\frac{1}{2}$  TURN,  
TOUCH**

17&18 Make  $\frac{1}{4}$   
Turn Left (3 '0'  
Clock) 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  $\frac{1}{2}$   
Turn Left,  
Touch Right  
Next To Left -  
Weight Ends On  
Left (9 '0'  
Clock)

**PRESS/LUNGE  
, RECOVER,  
SAILOR STEP,  
HINGE TURNS,  
 $\frac{1}{4}$  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  $\frac{1}{2}$   
Hinge Turn  
Right Stepping  
Left To Left (3  
'0' Clock), Make  
 $\frac{1}{2}$  Hinge Turn  
Right Stepping  
Right To Right  
(9 '0' Clock)  
31&32 Make  $\frac{1}{4}$   
Hinge Turn  
Right Stepping  
Forward On  
Left,  $\frac{1}{2}$  Pivot  
Right, Step  
Forward On Left  
(6 '0' Clock)  
Alternative For  
29 - 32: Make  $\frac{1}{4}$   
Turn Walk  
Forward Left  
(29), Right (30),  
Left (31)  $\frac{1}{2}$   
Pivot (&), Step  
Forward (32)

**SYNCOATED  
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&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 '0'  
Clock)  
43-44 Step  
Right To Right,  
Cross Left Over  
Right  
45&46 Make  
3/8th Shuffle  
Turn To Left  
Stepping Right,  
Left, Right (11  
'0' Clock)  
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 '0' Clock)  
55&56 Step  
Forward On  
Right, Lock Left  
Behind Right,  
Step Forward  
On Right

**ROCK,  
RECOVER,  
CROSS, SIDE  
SHUFFLE,  
CROSS ROCK,  
RECOVER,  
SIDE SHIFFLE**

57&58 Turning  
Slightly Right To  
Face 6 '0' Clock  
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)

START AGAIN

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