

Cose Della Vita

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Alan Birchall (UK)
音樂: 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'o'

Clock)

13&14 Make

Small Side

Shuffle To Right

Bumping Hips,

Right, Left.

Right

15&16 Make $\frac{1}{4}$

Turn Left (6 'o'

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 'o'

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
