



Cosas De La Vida

Choreographers: Raymond Sarlemijn & Anthony van Egmond

~Official GOLD competition dance 2024 - 2025~

Type of dance:	117 Counts (Part A = 27, Part B = 24, Part C = 24, Part D = 24, Part E = 18), 1 Wall, Waltz, Line Dance
Level:	Stars
Music:	"Cosas De La Vida" by Tanzorchester Klaus Hallen ft. William Jansen
Intro:	18 counts from first beat in music (app. 13 seconds into track)
Sequence:	A – B – C – D – B – E – A+ – B – C – D – B – B – E

Counts	Movement Description – Part A 27 Counts	End facing
1 – 6	Cross, Full Unwind Sweep, 1/8 Turn R, Step Back, 1/2 Turn L Chasse	
1 – 3	Cross L over R (1), Unwind full turn R sweeping R back (2-3)	12:00
Option	Double unwind full turn R sweeping R back (2-3)	12:00
4 – 5 & 6	Turn 1/8 R stepping R back (4), Turn 1/4 L stepping L to L side (5), Step R next to L (&), Turn 1/4 L stepping L forward (6)	7:30
7 – 12	1/4 Turn L, Step Back, 1/2 Turn L Chasse, 5/8 Turn L, Weave	
1 – 2 & 3	Turn 1/4 L stepping R back (1), Turn 1/4 L stepping L to L side (2), Step R next to L (&), Turn 1/4 L stepping L forward (3)	10:30
4 – 6	Turn 1/8 L stepping R back (4), Turn 1/4 L stepping L to L side (5), Turn 1/4 L stepping R forward (6)	3:00
13 – 18	1/8 Turn L, Cross Rock, 1/4 Turn R Slip Pivot, Reverse Turn	
1 – 3	Turn 1/8 L rocking L over R (1), Recover on R (2), Turn 1/4 R stepping L back (3)	4:30
4 – 5 & 6	Step R forward (4), Turn 1/4 R stepping L to L side (5), Turn 1/4 R stepping R back (&), Turn 1/2 R locking L behind R (6)	4:30
19 – 24	Full Pique Turn, Full Turn x3	
1 – 3	Step R forward hitching L knee (1), Turn 1/2 R stepping L back & hitching R knee (2), Turn 1/2 R stepping R forward & hitching L knee (3)	4:30
& 4 & 5 & 6	Turn 1/2 R stepping L back (&), Turn 1/2 R stepping R forward (4), Turn 1/2 R stepping L next to R (&), Turn 1/2 R stepping R forward (5), Turn 1/2 R stepping L next to R (&), Turn 1/2 R stepping R forward (6)	4:30
25 – 27	Twinkle 3/8 Turn L	
1 – 3	Step L forward (1), Step R forward (2), Turn 3/8 L stepping L forward (3)	12:00
Counts	Movement Description – Part A+	End facing
	Part A+ – Same As Part A for Counts 1-18 then add the following steps	
19 – 27	Step Fwd, Full Flick Turn R, 2 Chainé Turn R, Twinkle 3/8 Turn L	
1 – 2 & 3	Step R forward (1), Turn 1/2 R stepping L back & flicking R back (2), Turn 1/2 R hitching R knee (3)	4:30
4 & 5 & 6	Step R forward (4), Turn 1/2 R stepping L next to R (&), Turn 1/2 R stepping R forward (5), Turn 1/2 R stepping L next to R (&), Turn 1/2 R stepping R forward (6)	4:30
1 – 3	Step L forward (1), Step R forward (2), Turn 3/8 L stepping L forward (3)	12:00
Counts	Movement Description – Part B 24 Counts	End facing
1 – 6	Step Fwd, Point, Hold, Swing & Sway Turn L	
1 – 3	Step R forward (1), Point L to L side (2), Hold (3)	12:00
4 – 6	Turn 1/4 L stepping L forward (4), Turn 1/4 L stepping R to R side (5), Turn 1/2 L stepping L to L side (6)	12:00
7 – 12	Prep, Modified 7/8 Spiral Turn R, Full Heel Turn, 1/4 Turn Back	
1 – 3	Prep body to L side (1), Pivot 7/8 R on L keeping R on the floor (2), Step R forward (3)	10:30
4 – 6	Turn 1/2 R stepping L back (4), Turn 1/2 R on heel stepping R next to L (5), Turn 1/4 R stepping L back (6)	1:30
	Continue on next page!	

13 – 18	Step Back, ½ Turn L Chasse, 5/8 Weave	
1 – 2 & 3	Step R back (1), Turn ¼ L stepping L to L side (2), Step R next to L (&), Turn ¼ L stepping L forward (3)	7:30
4 – 6	Turn 1/8 L stepping R back (4), Turn ¼ L stepping L to L side (5), Turn ¼ L stepping R forward (6)	12:00
19 – 24	Step Fwd, Double Pirouette, Aerial Ronde, Touch, Full Unwind Spiral Turn, ¼ Turn R	
1 – 3	Step L forward (1), Double full turn R hitching right knee & aerial ronde R back (2-3)	12:00
4 – 6	Touch R behind L (4), Unwind 1 ¼ turn R (weight on L) (5-6)	3:00
Option	Unwind 2 ¼ turn R (weight on L) (5-6)	3:00
Counts	Movement Description – Part C 24 Counts	End facing
1 – 6	1/8 Turn R, Reverse Full Turn, Twinkle	
1 – 2 & 3	Turn 1/8 R stepping R forward (1), Turn ¼ R stepping L to L side (2), Turn ¼ R stepping R back (&), Turn ½ R locking L behind R (3)	4:30
4 – 6	Step R forward (4), Step L forward (5), Turn ¼ R stepping R forward (6)	7:30
7 – 12	Twinkle With A Turn, Syncopated Reverse Full Turn	
1 – 3	Step L forward (1), Step R forward (2), Turn 3/8 L stepping L forward (3)	3:00
4 & 5 & 6	Step R forward (4), Step L forward (&), Turn ¼ stepping R to R side (5), Turn ¼ L stepping L back (&), Turn ½ R locking R behind L (6)	3:00
13 – 18	Turns Of Choosing	
1 – 6	It can be any turn(s) of your choosing, but they must turn L & you must finish to 4:30 (1-6)	4:30
19 – 24	Twinkle, Step Fwd Pivot ½ Turn L	
1 – 3	Step R forward (1), Step L forward (2), Turn ¼ R stepping R forward (3)	7:30
4 – 6	Step L forward (4), Step R forward (5), Turn ½ L stepping L forward (6)	1:30
Counts	Movement Description – Part D 24 Counts	End facing
1 – 6	½ Slip Pivot Turn, 2 Chainé Turns L, Step Fwd	
1 & 2 – 3	Step R forward (1), Turn ¼ R stepping L to L side (&), Turn ¼ R stepping R back (2), Step L back (3)	7:30
4 & 5 & 6 &	Step R back (4), Step L forward (&), Turn ½ L stepping R next to L (5), Turn ½ L stepping L forward (&) Turn ½ L stepping R next to L (6), Turn ½ L stepping L forward (&)	1:30
7 – 12	3/4 Sweep Turn L, Twinkle	
1 – 3	Turn 3/4 L sweeping R forward (1-3)	4:30
4 – 6	Step R forward (4), Step L forward (5), Turn ¼ R stepping R forward (6)	7:30
13 – 18	Reverse Full Turn, Check & Lock	
1 – 2 & 3	Turn 1/8 L stepping L forward (1), Turn ¼ L stepping R to R side (2), Turn ¼ L stepping L back (&), Turn ½ L locking R behind L (3)	7:30
4 – 6	Rock L forward (4), Recover on R (5), Lock L behind R (6)	7:30
19 – 24	Step Fwd, Full Sweep Turn R, Check & Slip Pivot	
1 – 3	Step R forward (1), Full turn R sweeping L forward (2-3)	7:30
4 – 6	Rock L forward (4), Recover on R (5), Turn 3/8 R collecting & stepping L back (6)	12:00
Counts	Movement Description – Part E 18 Counts	End facing
1 – 6	1/8 Turn R, Basic forward, Step Fwd, 3/8 Turn L, Step R, Cross	
1 – 3	Step R forward (1), Step L forward (2), Step R forward (3)	4:30
4 – 6	Step L forward (4), Turn 3/8 L stepping R to R side (5), Cross L over R (6)	12:00
7 – 12	Fouetté, Pirouette Close, Point & Drop, Rise & Collect	
1 – 3	Unwind full turn R (1), Aerial ronde R (2), Full turn R hitching R knee (3)	12:00
4 – 6	Step R next to L & point L to L side & drop down bending R knee (4-5), Rise & drag L to R (6)	12:00
Option	Unwind full turn R (1), Aerial ronde R (2), Full turn R pulling R in (&), Aerial ronde R (3), Double pirouette R (4-5), Step R next to L & point L to L side & drop down bending R knee (6)	12:00
13 – 18	Step L, Drag, Step R, Drag	
1 – 3	Step L to L side (1), Collect R to L (2-3), Step R to R side (4), Collect L to R (5-6)	12:00