

# LIVING THE DREAM

*Sofia Carson has got back in touch with her inner teenager – something she tells us she should never have lost*

**A**t 31, singer and actress Sofia Carson has ticked off items on her wish list that many of us can only dream of: performing at the Oscars, starring in Disney's *Descendants*, touring with Andrea Bocelli and a No. 1 album...

But it's *The Life List* – a new Netflix romcom based on Lori Nelson Spielman's novel about Alex, a woman on a quest to complete her childhood bucket list – that allowed Florida-born Sofia to tap into the teenage self she had long forgotten.

Starring alongside *The White Lotus* actress Connie Britton, who plays her mother, Sofia found the role an enlightening one.

"I think it reconnected me to that fearless dreamer who was 13, dreaming that she could do anything," she tells us.

She may be known for her complex characters, but off-screen, Sofia is warm and thoughtful – and a talented multi-hyphenate, having released best-selling pop music as well as producing and starring in films.

Although she has been linked to Sofia Vergara's son Manolo and actor Nicholas Galitzine, she has kept her personal life private, once joking that she was "dating her career".

Here, she sits down with **HELLO!** in Los Angeles to share what's on her own bucket list.

**Sofia, what did you learn about yourself from your role in *The Life List*?**

"Stepping into the role was a profound leap of faith. The challenge of Alex was that she was feeling all the emotions in the human spectrum at once. It was a fine line, so I had to really trust myself. She reawakened something in me and I hope she will for audiences, too."

**This film is about the big and small things that we want to accomplish in life. Is there anything you have yet to achieve?**

"[Thirteen-year-old] Sofia had really big things on her list. She was a big dreamer, so – a world tour, performing with Andrea Bocelli and on Broadway... I haven't done theatre yet, and that's something I would love to do – and write a book..."







Sofia with Sebastian De Souza, who plays her character Alex's co-worker Garrett in *The Life List*; and (below) with her screen mother Connie Britton at the film's premiere in New York



#### What are you looking forward to next?

"I don't even know where to begin. Something that I might say to 13-year-old Sofia is that I promise to keep her present and alive in my heart every single day.

"For a second, I stopped listening to her, but I won't make that mistake again."

#### You star alongside Connie Britton in the film. What was it like to work with her?

"Connie is just as you would imagine: warmth and sunlight. It was a privilege. She was only on set with me on the day we shot our sole scene together, but it felt effortless, like coming home.

"When we were lying in bed together [during a scene], our hearts were ready to melt into each other and do these characters justice.

"She was so thoughtful and would make things more specific or propose different wordings that would add colour – and she always walked into the room with elegance and grace."

#### You've performed with acclaimed tenor Andrea Bocelli, as well as with his son Matteo. What was that like?

"The greatest experiences of my life. Andrea's team called mine on Valentine's Day last year. My mom sat me down and told me that he would like to invite me to feature on his duets album and to perform with him in Tuscany to celebrate 30 years of his career.

"Andrea has always been the person I wanted to sing with, and to have sung *Moon River* – which he picked not knowing my love of Audrey [Hepburn, star of *Breakfast at Tiffany's*, which features the song] and my connection to her, which is remarkable... we've just had the most joyous few months of singing together. It's an honour and a joy to sing with him."

## 'I STOPPED LISTENING TO MY 13-YEAR-OLD SELF. I WON'T DO THAT AGAIN'

#### Will we hear more music from you with Andrea?

"Any time he wants – but, yes, I think you will."

#### And might there be a sequel to Netflix's hit romantic movie *Purple Hearts*?

"The first one was so precious, so to do a second, it has to be just as special. If there comes a script that feels that way, I'll be the first one to do it again.

"I would make the time for [my character] Cassie, if it felt right, any day."

#### It's been ten years since your breakout Disney movie

#### *Descendants*. When you think about the impact that film had, what does that feel like?

"Beautiful – and almost surreal, because it's been ten years but every Halloween there are still five-year-olds and eight-year-olds and 15-year-olds dressed as Evie; some of them weren't alive when the film came out.

"To be a part of something like that is such an honour, because Evie will forever live in the hearts of these little girls."

INTERVIEW: REBECCA LEWIS

*The Life List* is available to watch on Netflix now.

## DON'T MISS THIS WEEK...



### WATCH

#### THE PENGUIN LESSONS

This heartfelt comedy drama stars Steve Coogan (above) as a teacher who, working in Argentina in 1976, finds his life changing after he rescues and adopts an orphaned penguin.

In UK cinemas from 18 April.



### VISIT

#### TACTILE TOUR OF 'DOGWARTS'

Warner Bros Studio Tour London and Guide Dogs invite those with visual impairments to immerse themselves in the world of Harry Potter by touching familiar costumes and props.

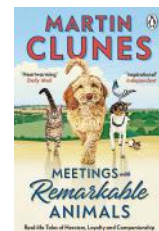
To book, visit [wbstudiotour.co.uk/tickets](http://wbstudiotour.co.uk/tickets).



### DAY OUT GOODWOOF

Take your pooch to the Goodwood Estate for doggy demos, entertainment and workshops – and a parade featuring hundreds of dachshunds.

From 17 to 18 May, from £30. To book, visit [goodwood.com](http://goodwood.com).



### BOOK

#### MEETINGS WITH REMARKABLE ANIMALS

This lovely book takes a look at all the ways animals enrich our lives, from search and rescue dogs to life-saving dolphins and therapy horses, as well as TV star Martin Clunes's own encounters.

Out on 22 May, published by Penguin, priced £10.99.