



Not Worth Suffering

Count: 32 - Wall: 4 - Level: Improver

Choreographer: Marja Urgert & Marianne v/d Toorn Vrijthoff (NL) (May 2020)

Music: No Vale La Pena Sufrir "By" Limi-T21

Intro: 32 Counts

Sec 1: Side Rock & Side Rock, 1/4 L Sailor turn, Step 1/2 Turn L,

1-2 RF. Rock to R side - LF. Recover

&3-4 RF. Step together - LF. Rock to L side - RF. Recover

5&6 LF. 1/4 Turn L cross behind RF - RF. Step together - LF. Step fwd (9:00)

7-8 RF. Step fwd - Pivot 1/2 turn L (3:00)

Sec 2: Tap R Across L (twice), Step Back, Touch L Across R (twice), Step Back, Tap R Across L, Hold, Step Back, Tap L Across R, Step Back, Tap R Across L

1-2 RF. Tap toe across LF x2

& RF. Step back

3-4 LF. Tap toe across RF x2

&5-6 LF. Step back - RF. Tap toe across LF - Hold

&7 RF. Step back - LF. Tap toe across RF

&8 LF. Step back - RF. Tap toe across LF

Sec 3: Cross, Side, Sailor Step, Cross, Side, 1/4 Sailor L turn

1-2 RF. Cross over LF - LF. Step side

3&4 RF. Cross behind LF - LF. Step side - RF. Step side

5-6 LF. Cross over RF - RF. Step side

7&8 LF. 1/4 Turn L cross behind RF - RF. Step together - LF. Step side (12:00)

Sec 4: Samba Step, Cross Point, 1/4 Coaster R, Pivot 1/2 R, Together

1&2 RF. Cross over LF - LF. Rock to L side - RF. Recover

3-4 LF. Cross over RF - RF. Point toe to R side

5&6 RF. 1/4 Turn R step back - LF. Step together - RF. Step fwd (3:00)

7&8 LF. Step fwd - Pivot 1/2 turn R - LF. Step together (9:00)

Start Again

Tag + Restart: After the 3th wall (3:00)

Hip Bumps

1-2 RF. Step side and bump hip to R side - Bump hip to L side (weight on LF)

Quelle: <https://www.copperknob.co.uk>

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