

Not Worth Suffering

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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 Sailor Step, Step fwd, 1/2 Turn L, Step fwd

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

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

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

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

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

1-2RF. Tap toe across LF x2

&RF. Step back

3-4LF. Tap toe across RF x2

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

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

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

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

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

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

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

7&8LF. 1/4 Turn R 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&2RF. Cross over LF - LF. Rock to R side - RF. Recover

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

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

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

Start Again

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

Hip Bumps

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

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