

# Not Worth Suffering

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Marja Urgert (NL) & Marianne van der Toorn Vrijthoff (NL) - May 2020

Musik: No Vale la Pena Sufrir - Limi-T 21



## Intro: 32 Counts

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

- 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 Step L

- 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)

Contact: [marja42@kpnmail.nl](mailto:marja42@kpnmail.nl) / [mvdtoornvrijthoff@gmail.com](mailto:mvdtoornvrijthoff@gmail.com)