

# Not Worth Suffering

**COPPERKNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Marja Urgert (NL) & Marianne van der Toorn Vrijthoff (NL) - May 2020  
音樂: 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)