

Not Worth Suffering

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 / mvdtoornvrijthoff@gmail.com