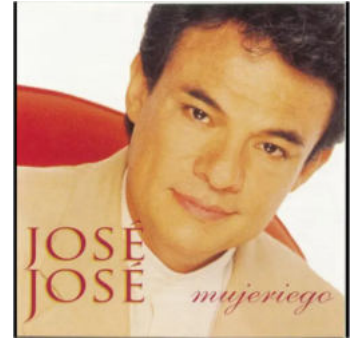


NO VALIO LA PENA [IT WAS NOT WORTH IT]

Music: José José
Cd.:Mujeriego
<https://music.apple.com/cr/album/mujeriego/254964043>
Track # 3 Time 3:33 Available from choreographer
Rhythm: Bolero Phase: V+2U (Trn Into Rom Sway's + Checked Right Pass)
Footwork : Opposite except where (Noted)
Release Date : May 25
Choreo : Jos Dierickx Beverloesestwg 14B2 3583 Paal Belgium
Email : jos.dierickx@telenet.be
Sequence : INTRO AB INTRO(2-4) AB(1-13) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT ONE MEASURE ; TURN INTO ROMANTIC SWAYS ; ; RIFF TURN ;

{Wait} Bfly Pos Wall Id ft free wt 1 meas ; {Trn Into Romantic Sways} [Relg Id hnds] Sd L & swiv LF (W RF) to bk-to-bk sweep Id hnds up & around to end streched out to sd at shldr level, -, sd R, rec L ; Sd R & swiv RF (W LF) to fc bring Id hds btwn ptrs to lead hip, -, sd L, rec R ; {Riff Trn} [QQQQ] Sd L raisg Id hnds, cl R, sd L, cl R (W sd & fwd R comm RF spin undr jnd Id hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd Id hnds) to BFLY WALL ;

PART A

01-04 LEFT PASS ; FORWARD BREAK ; DOUBLE HAND OPENING OUT TWICE ; ;

{Left Pass} Fwd L rise to Scar DRW lead W trn RF to shape body LOD, -, slip bk R flex knee, fwd L trn LF to fc COH (W fwd R trn ½ RF back to M, -, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr) to BFLY COH ; {Fwd Break} Sd & fwd R body rise, -, fwd L w/ contra ck like action, rec bk R to BFLY COH ; {DBL Hnd Opening Out x 2} CL L body rise & body rotate LF, -, lower on L & xtnd R ft to sd, rise on L body rotate in Bfly (W cl R body rise & body rotate LF match ptr, -, XLib lowerg, fwd R in Bfly) ; Cl R body rise & body rotate RF, -, lower on R & xtnd L ft to sd, rise on R body rotate in Bfly (W cl L body rise & body rotate RF match ptr, -, XRib lowerg, fwd L in Bfly) to BFLY COH ;

05-08 FENCE LINE w/ ARMSWEEP ; HORSESHOE TURN ; ; FENCE LINE w/ ARMSWEEP ;

{Fence Line w/ Armsweep} Sd L body rise, -, XRif bent knee trl arm circle CCW (W circle CW) ifo body, rec bk L ; {Horseshoe Trn} Sd & fwd R trng RF (W LF) to V Pos LOD, -, thru L, lk Rib (W lk Lib) raise Id hnds ; Fwd L comm circle CCW around W, -, fwd R cont circle, fwd L comp circle to fc ptr (W fwd R comm CW trn, -, fwd L cont CW circle under jnd Id hnds, fwd R compl circle to fc ptr) to BFLY WALL ; {Fence Line w/ Armsweep} Sd R body rise, -, XLif bent knee Id arm circle CW (W circle CCW) ifo body, rec bk R to BFLY WALL ;

09-12 AIDA PREPARATION ; AIDA LINE & ROCK TWO ; SWIVEL to FACE INTO SHOULDER to SHOULDER TWICE ; ;

{Aida Preparation} Sd L trng LF to LOD, -, fwd R trng RF to fc ptr, cl L ; {Aida Line & Hip Rock 2} Bk R to bk to bk V pos raisg trl arms, -, rock fwd on L, rock bk on R ; {Swiv to Fc & Shoulder to Shlder x 2} Fwd L swiv LF to fcg ptr & pt R to sd, -, fwd R to BFLY- BJO, bk L to BFLY ; Sd R, -, fwd L to BFLY-SCAR, bk R to BFLY WALL ;

13-16 CHECKED RIGHT PASS ; M RONDE TO FORWARD BREAK ; UNDERARM TURN ; HIP ROCK ;

{Checked Right Pass} Fwd & sd L raisg Id hnd start RF rotation arnd Lady plcg rt hnd on W's R hip ckg her fwd motion, -, XRib cont rotation arnd W, fwd & sd L to W's lft sd (W fwd R raisg Id arm as if comm undrm trn then lower to mom wrap pos, -, XLif, bk R) ; {M Ronde to Fwd Break} Fwd R ronde L ft cont RF trn to fc ptr & Wall, -, ck fwd L, rec R (W sd & bk L, -, bk R, rec L) to BFLY WALL ; {Underarm Trn} Sd L raisg Id hnds, -, XRib, rec L (W sd R, -, XLif trng ½ RF, fwd R cont trng to fc ptr) to Low Bfly WALL ; {Hip Rk} Small sd R rollg R hip, -, rec L rollg L hip, sd R rollg R hip ;

PART B

01-04 TURNING BASIC & rt hndshk ; HALF MOON ; ; BREAK BACK to ½ OP LOD ;

{Trng Basic & rt hndshk} Sd L w/ slight RF body rotation, -, bk R trng ¼ LF w/ slip pivot action, sd & fwd L trng ¼ LF to rt Hndshk COH ; {Half Moon} Sd R comm RF trn w/ rt sd stretch twd ptr, -, cont trng RF slip fwd L shapg to ptr, rec bk R trng to fc ptr ; Trng ¼ LF sd & fwd L w/ lft sd stretch, -, slip bk R, fwd L cont trng ¼ LF to fc ptr (W sd L comm LF trn w/ lft sd stretch twd ptr, -, cont trng LF slip fwd R shapg to ptr, rec bk L trng to fc ptr ; trng ¼ RF sd & fwd R raisg lft arm trng slightly away from ptr, -, slip fwd L ifo M trng ½ LF, bk R cont trng ¼ LF to fc ptr) to BFLY WALL ; {Break Bk to ½ OP LOD} Sd R LF trn ½ OP fc LOD, -, small stp bk L, rec fwd R ;

Page 2: No Valio La Pena

05-08 OP IN & OUT RUNS ; ; SWITCH & WALK 2 to RLOD & LOD & FACE ; ;

{OP In & Out Runs} Fwd L rise, -, fwd R twd DLW across W comm trn RF, bk L cont trn to fc LOD w/ free arms out to sd (*W fwd R rise, -, L, R*) to ½ LOP LOD ; Fwd R rise, -, fwd L, R w/ free arms out to sd (*W fwd L rise, -, fwd R twd DLW across M comm trn RF, bk L cont trn to fc LOD*) to ½ OP LOD ; **{Switch & Walk 2 to Rlod & Lod & Fc}** Sd & fwd L trng to ½ LOP RLOD, -, fwd R, L ; Sd & fwd R trng to ½ OP LOD, -, fwd L, R swiv RF (*W LF*) to fcg ptr ;

09-12 SIDE LUNGE & ROLL to RLOD ; SIDE LUNGE & ONE SINGLE RIFF TURN ; HIP LIFT ; X-CHECK to SCAR/W DEVELOPE ;

{Sd Lunge & Roll to RLOD} Sd Lunge L extend ld arms to LOD, -, roll RF to RLOD sd & fwd R, bk L cont roll RF to BFLY WALL ; **{Sd Lunge & One Single Riff Trn}** Sd lunge R, -, raisg ld hnds sd L leadg W to spin RF, cl R (*W sd Lunge L, -, rec R spinng RF 1 full trn, cl L*) to Low Bfly WALL ; **{Hip Lift}** in low bfly Sd L -, slight pressure on R ft lift rt-hip, lower rt-hip ; **{X-Check to SCAR/W Develope}** [S,S] In BFLY Sd R, -, X-Check L to SCAR DRW, - (*W sd L, -, bk R to SCAR, bring L ft up R leg to insd of R knee extend L ft fwd*) ;

13-15 BACK to FACE & HIP ROCK TWO ; NEW YORER TWICE ; ;

{Bk to Fc & Hip Rock 2} Bk R to fc ptr, -, sd L rollg lft-hip, rec R rollg rt-hip ; **{New Yorker x 2}** Sd L, -, trng to OP LOD fwd R, bk L to BFLY WALL ; Sd R, -, trng to OP RLOD fwd L, bk R to BFLY WALL ;

ENDING

01-05 AIDA PREPARATION ; SLOW HIP ROCK TWO ; AIDA LINE & HIP ROCK TWO ; SWIVEL TO FACE & SPOT TURN TWICE ; ;

{Aida Preparation} Sd L trng LF to LOD, -, fwd R trng RF to fc ptr, cl L ; **{Slow Hip Rock 2}** [SS] Slow Sd R rollg rt-hip, -, sd L rollg lft-hip, - ; **{Aida Line & Hip Rock 2}** Bk R to bk to bk V pos raisg trl arms, -, rock fwd on L, rock bk on R ; **{Swiv to Fc & Spot Trn x 2}** Fwd L swiv to fc ptr, -, relg hnds & trng LF XRif (*W trng RF XLif*), rec L to fc WALL ; Sd R, -, XLif trng RF, fwd & sd R contg trn to loose CP WALL ;

06-07 FRONT VINE 4 ; SIDE to HINGE LINE & EXTEND ARMS ; ;

{Front Vine 4} [QQQQ] Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*) to BFLY WALL ; **[Sd to Hinge]** Sd L, -, slight LF trn lower on L, - (*W sd R trng LF, -, cont LF body trn XLib, lower on L extend R to rlod look well to lft*) ; **{Extend Arms}** Cont slight lowerg rel ld hnds W place rt hnd on M's lft shldr both extend lft arms out to sd, -, -, - ;