

NO VALE LA PENA [No Worth It]

Music: The Mavericks
<https://www.amazon.com/No-Vale-la-Pena/dp/B088KVQ6D6>
Time 2:33 Slow down w/-3% Available from choreographer

Rhythm: Cha Cha Phase: V + 2 (Op Hip Twist+ Parallel Breaks) +1 U (Tummy Check)

Footwork: Opposite except where (Noted)

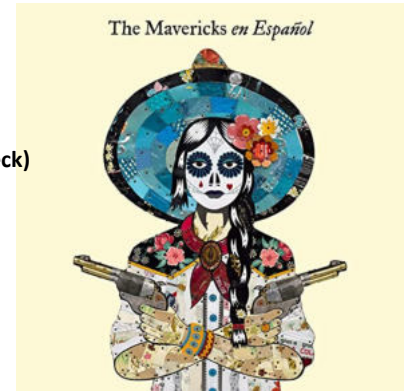
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Sequence: INTRO ABC ABC A END



INTRO

BFLY POS WALL LEAD FOOT FREE START AFTER THE 2nd TRUMPET TUNE~

01-04 BASIC HALF INTO FACING FAN ; ; NEW YORKER/W WRAP ; OPPOSITE CUCARACHA :

{Basic ½ Into Fcg Fan} Rk fwd L, rec R, sd L/cl R, sd L ; Rk bk R, rec L trng ¼ LF to fc ptr & LOD, small fwd R/cl L, fwd R (W fwd L twd M, sd R trng ¼ LF to fc RLOD, bk L/cl R, bk L) to end in LOP fcg Pos w/ M fcg ptr & LOD ; {New Yorker/W Wrap} Trng ¼ RF to LOP Wall rk fwd L, rec R trng ¼ LF to fcg ptr & LOD raised ld hnds (W trng ¼ LF to LOP Wall rk fwd R, rec L trng ¼ RF comm RF trn under jnd ld hnds, cont trn step ipl L/R, L leav jnd hnds low to end both fcg LOD w/ W ifo M and M's lft & W's rt hnds still jnd) ; {Opp Cucaracha} Rk sd R twd Wall (W rk sd L twd Coh), rec L, step ipl R./L,R ;

05-08 OPPOSITE CUCARACHA/W ROLL TO COH ; WALK 2 & CHA ; NEW YORKER to FACE ; WHIP to BFLY WALL ;

{Opp Cucaracha/W Roll to Coh} Rk sd L Coh, rec R, step ipl L/R,L (W rk sd R Wall. rec L comm LF roll twd COH leav M's lft & W's rt hnds jnd, cont LF roll twd COH R/L, R) to end in LOP both fcg LOD ; {Walk 2 & Cha} Walk fwd LOD R, L, fwd R/lk Lib (W lk Rib), fwd R ; {New Yorker to Fc} Rk fwd L LOD, rec R trng LF (W RF) to fc ptr, sd RLOD L/cl R, sd L to BFLY COH ; {Whip to BFLY WALL} Bk R trng ¼ LF, rec L cont LF, sd R trn to fc/cl L, sd R (W fwd L outsd M on his lft sd, fwd R trng ½ LF, sd L trn LF to fc ptr/R, sd L) to BFLY WALL,-;

PART A

01-04 OP HIP TWIST TO FAN ; ; START HOCKEY STICK to TANDEM WALL ; OPPOSITE CUCARACHA/W PEEKS ;

{OP Hip Twist to Fan} Fwd L, rec R, XLib/cl R, sd L (W bk R, rec L, fwd R/lk Lib, fwd R swvl RF fc LOD) ; Bk R, rec L, XRif/rec L, sd R (W fwd L, fwd R swvlg ½ LF, bk L/XRif, bk L) to Fan Pos M fcg WALL /W fcg RLOD ; {Start Hockey Stick to Tandem Wall} Fwd L, rec R, relg jnd ld hnds ronde L sd & bk XLib/sm sd R, sd L and check W on her rt hip w/ M's rt hnd (W cl R, fwd L trng LF to fc wall, sd R/cl L, small sd R) to both fcg wall in Tandem ; {Opp Cucaracha/W Peeks} Sd R w/ partial wgt & trl arms out to sd (W sd L trng upper body slightly RF to look at man), rec L, ipl R/L, R to Tandem WALL ;

05-06 OPPOSITE CUCARACHA/W PEEKS ; HOCKEY STICK ENDING ;

{Opp Cucaracha/W Peeks} Sd L w/ partial wgt (W sd R trng upper body slightly LF to look at man), rec R, ipl L/R, L to TANDEM WALL ; {Hockey Stick Ending} Bk R, rec L, XRif/rec L, sd R (W fwd L, fwd R trng ½ LF, bk L/lk Rif, bk L) to BFLY WALL ;

07-10 FENCE LINE w/ ARMSWEEP ; CRAB WALKS ; ; FENCE LINE w/ ARMSWEEP & rt Hndshk [3th TIME to Bfly] ;

{Fence Line w/ Armsweep} XLif (W XRif) w/ bent knee ld arms circle CW (W CCW) ifo body, rec R, sd L/cl R, sd L ; {Crab Wlks} XRif (WXLif), sd L, XRif (WXLif)/sd L, XRif ; Sd L, XRif (WXLif), sd L/cl R, sd L ; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee trl arms circle CCW (W CW) ifo body, rec L, sd R/cl L, sd R to rt hndshk [3th Time to Bfly] WALL ;

PART B

01-04 SHADOW NEW YORKER ; PARALLEL BREAKS TWICE to OP LOD ; ; THRU to FAN ;

{Shad Bk Break} [w/ rt hndshk] XLib (W XRif) trng both to RLOD w/ W's lft arm xtnd bhd M's bk, fwd R, fwd L/lk R, fwd L to OP LOD ; {Parallel Breaks x 2 Into a Fan} w/ rt hndshk Rk bk R leadg W across in front, rec L, fwd R/lk Lib, fwd R to fc Line (W fwd L trng ¼ LF ifo M, fwd R trng ½ LF to fcg LOD, fwd L/lk Rib, fwd L) to OP LOD [similar to W whip action] ; Fwd L trng ¼ LF ifo W, fwd R trng ½ LF to fcg LOD, fwd L/lk Rib, fwd L (W rk bk R allowg M to pass across in front, rec L to fc, fwd R/lk Lib, fwd R) to OP LOD [similar to M whip action] ; {Thru to Fan} Thru R trng to fc ptr, cl L, sd R/cl L, sd R (W thru L, fwd R trng ½ LF, bk R/lk Lif, bk R) to Fan Pos ;

05-06 START STOP & GO INTO CROSS BODY ; ;

{Start Stop & Go Into Cross Body} Fwd L, rec R, sd L/cl R, sd L lead W trn LF under ld hnds (*W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under ld hnds fc LOD*) ; Bk R comm LF to CP, rec L cont LF trn, sd R/cl L, sd R (*W fwd L comm LF trn to CP, sd R cont LF trn, sd L/cl R, sd L*) to BFLY COH ;

07-10 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; ; FINISH CROSS BODY ;

{Start X-Body to Tummy Check & Bk w/ rt hndshk} Fwd L, rec R trng ¼ LF to RLOD, sd L/cl R, sd L (*W bk,R, rec L, fwd R/lk Lib, fwd R*) ; **[Stop the W w/ ld hnd]** Lunge sd R, rec L, ipl R, L, R (*W [both arms fwd] fwd L, rec R, ipl L, R, L*) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (*W bk R, rec L & rt hndshk, ipl R, L, R*) ; **{Finish X- Body}** Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to Coh, sd L/cl R, sd L*) to BFLY WALL, -;

PART C

01-04 DBL HAND ALEMANA to STACKED HANDS ; ; OP BREAK & CHANGE SIDES/W UNDERARM ; CUCARACHA RIGHT ;

{Dbl Hnd Alemana to Stacked Hnds} [Keep both hands] Fwd L, rec R, sd L/cl R, sd L (*W bk R, rec L, sd R/cl L, sd R*), - ; Raisg both hnds up XRib, rec L, sd R/cl L, sd R (*W XLif under both hnds trng RF, rec R contg to trn to fc M, sd L/cl R, sd L*) to stacked hnds lft over rt hnds, - ; **{OP Break Change Sides/W Underarm }** Strong bk L xtndg stacked hnds fwd, rec R to W's rt sd, raisg stacked hnds fwd L comm RF trn/cont RF trn cl R, complg RF trn ipl L (*W strong bk R xtndg stacked hnds fwd, rec L, raisg stacked hnds fwd R comm LF trn, cl L cont LF trn under stacked hnds to fc ptr, sd R*) to BFLY COH ; **{Cucaracha Right}** Sd R w/ partial wgt & trl arms out to sd (*W sd L w/ partial wgt & trl arms out to sd*), rec L, ipl R/L, R to BFLY COH ;

05-08 CHASE w/ UNDERARM PASS to rt Hndshk ; ; TRADE PLACES TWICE ; ;

{Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R twd M's lft sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to rt Hndshk WALL ; **{Trade Places x 2}** [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD (*W trn LF*), slidg bhd W sd L/cl R reachg L hnd to W's left forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc LOD (*W trn RF*), slidg bhd W sd R/cl L reachg rt hnd to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to BFLY WALL ;

ENDING

01-03 AIDA to RLOD Checkg ; THRU to AIDA LOD ; SWITCH & QUICK RECOVER & STEP APART ;

{Aida to RLOD Checkg} Thru L RLOD, sd R to fc rel ld hnds & jn trl hnds, trng LF bk L/lk Rif, bk L LOD to V BK-TO-BK Checkg ; **{Thru to Aida LOD}** Thru R to fc LOD Xg rt hnd ovr lft, sd L trng ½ RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; **{Switch & Quick Rec & Apt}** [SQQ] Sd & bk L trng to fc ptr, -, quick rec R, step apt L ;