

No Valió La Pena

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Music: 'No Valió La Pena' by José José
Album: 'Mujeriego' available from Amazon
Rhythm/Phase: Bolero, Phase IV+2 (Horseshoe Turn, Half Moon) Speed – as recorded
Sequence: Intro A, B, Bridge, A, B (1-12) Ending Released: November 2023

INTRO

1-4 FACING PARTNER & WALL; RAISE ARMS TO BFLY; OPENING OUT; 2x;

- 1 Fcg ptr & WALL – 1d ft free no hnds jnd;
- 2 **{Raise arms to BFLY}** Raise arms to BFLY;
- 3-4 **{Openg out 2x}** Close L to R shaping twd LOD, -, lower & complete upper body trn & extend R ft to sd, rise to fc (Sd & bk R start body rotation, -, XLib, fwd R to fc); Close R to L shaping twd RLOD, -, lower & complete upper body trn & extend L ft to sd, rise to fc (Sd & bk L start body rotation, -, XRib, fwd L to fc);

PART A

1-4 SPOT TURN; LUNGE BREAK; LEFT PASS; FORWARD BREAK;

- 1 **{Spt trn}** Sd L with body rise comm LF trn, -, fwd R turn 1/2, fwd L trng to fc (Sd R with body rise comm RF trn, -, fwd L turn 1/2, fwd R trng to fc);
- 2 **{Lunge brk}** Sd & fwd R with body rise to LOP fcg, -, slight RF body trn lowering on R, slight LF body trn rising on R to rec (Sd & back L with body rise, -, bk R with contra chk action, fwd L);
- 3 **{L pass}** Cl L with upper body trn to R leadg ptr to partial wrap, -, bk R with slipping action, fwd L trng LF (Fwd R trng 1/2 RF with bk to ptr, -, sd and fwd L in front of M trng LF, bk R);
- 4 **{Fwd brk}** Sd & fwd R with body rise to LOP fcg, -, fwd L with contra chk action, bk R;

5-8 FENCE LINE; 2X TO CP; TURNING BASIC;;

- 5-6 **{Fence line 2x to CP}** Sd L with body rise, -, X lunge thru R (Thru L), bk L to BFLY; Sd R with body rise, -, X lunge thru L (Thru R), bk R to BFLY;
- 7-8 **{Turng basic}** Sd L comm slight RF body rotation, -, trng 1/4 LF with slp pvt action bk R, fwd L trng 1/4 LF; Sd R, -, fwd L with chkg action, bk R;

9-12 BASIC;; HIP LIFT; NEW YORKER;

- 9-10 **{Basic}** Sd L with body rise, -, bk R with slipping action, fwd L; Sd R with body rise, -, fwd L with slipping action, bk R;
- 11 **{Hip lift }** Sd L bring R to L, -, with slight pressure on R ft lift R hip, lower hip;
- 12 **{NY}** Sd R with body rise, -, trng RF fwd L with slipping action lowering to sd by sd position, bk R comm trn to fc ptr (Sd L with body rise, -, trng LF fwd R with slipping action lowering to LOP, bk L comm trn to fc ptr);

13-16 PREPARE AIDA; AIDA LINE & ROCK 2; FACE AND HIP ROCKS; 2X;

- 13-14 **{Prep aida; Aida line & rk 2}** Sd L with body rise comm LF trn, -, thru R, trng RF sd L (Sd R with body rise comm RF trn, -, thru L, trng LF sd R); Cont RF trn bk R in Aida line, -, rk sd & fwd L, rk sd & bk R (Cont LF trn bk L in Aida line, -, rk sd & fwd R, rk sd & bk L);
- 15-16 **{Fc & hip rks; 2x}** Fwd L trng LF to fc ptr, -, sd R with hip roll, rec L with hip roll; Rk sd R rolling hip sd & bk, -, rec L with hip roll, rec R with hip roll;

PART B

1-4 START TURNING BASIC; HALF MOON JOIN RIGHT HANDS;; START HALF MOON STACK HANDS;

- 1 **{Start trng basic }** Repeat measure 7 Part A;
- 2-3 **{Half moon join R hnds}** Sd R comm RF trn w/R sd stretch slight 'V' shape twd ptr and chg to R hnd shk, -, cont trng RF slp fwd L shaping to ptr, rec bk R trng to fc ptr (Sd L comm LF trn w/L sd stretch slight 'V' shape twd ptr, -, cont trng LF slp fwd R shaping to ptr, rec bk L trng to fc ptr); Trng 1/4 LF sd & fwd L w/ L sd stretch, -, slp bk R shaping to ptr, fwd L cont trng 1/4 to fc ptr (Trng 1/4 RF sd & fwd R raising L arm trng slightly away from ptr but shaping to ptr, -, sd fwd L in front of M trng LF 1/2, bk R cont trng LF to fc ptr) end fcg WALL;
- 4 **{Start half moon stack hnds}** Repeat measure 2 part B join L hnds underneath joined R hnds;

5-8 CROSS HAND UNDERARM TURN; BREAK BACK DOUBLE HEADLOOP; SWITCH & WALK REVERSE; SWITCH & WALK TO FACE;

- 5 {X hnd undrm trn} Sd L raising R hnds, -, raising L hnds & lowering R hnds XRib leading W fwd to trn RF, lowering L hnds rec L to stkd hnds L on top (With slight RF trn sd & fwd R, -, fwd L trng RF, sd R to fc ptr);
- 6 {Brk bk w/dbl headloop} Sd R raising joint hnds and looping over ptrs' hds lowering hnds to shoulders and then releasing, -, brk bk L, fwd R (Fwd L) to 1/2 OP/LOD;
- 7 {Switch & wk RLOD} Sd & fwd L trng RF to L 1/2 OP/RLOD, -, fwd R, fwd L;
- 8 {Switch & wk to fc} Sd & fwd R trng LF to 1/2 OP/LOD, -, fwd L, fwd R trng to fc ptr;

9-12 UNDERARM TURN; HORSESHOE TURN;; FORWARD BREAK;

- 9 {Undrm trn} Joining ld hnds sd L, -, XRib leadg W to trn RF, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, sd & fwd R fc ptr);
- 10-11 {Horseshoe trn} Sd & fwd R w/R sd stretch to a 'V' position, -, slip thru L with chkg action cont to shape to ptr, rec R raising ld hnds (Sd & fwd L w/L sd stretch to 'V' position, -, slip thru R w/chkg action cont to shap to ptr, rec L); Fwd L comm LF trn, -, fwd R comm circle wk, fwd L complete circle wk to fc ptr (Fwd R comm RF trn, -, fwd L cont RF circle wk under joint ld hnds, fwd R complete circle wk to fc ptr);
- 12 {Fwd brk} Repeat measure 4 part A;

13-16 RIGHT PASS; LUNGE BREAK; CRAB WALKS;;

- 13 {R pass} Fwd & sd L comm RF trn raise ld hnds to create window, -, XRib cont RF trn, fwd L (Fwd R, -, fwd L comm LF trn, bk R cont LF trn under raised ld hnds to fc ptr);
- 14 {Lunge brk} Repeat measure 2 part A;
- 15-16 {Crab wks} Sd L, -, XRif, sd L (Sd R, -, XLif, sd R); XRif, -, sd L, XRif (XLif, -, sd R, XLif);

BRIDGE

1-2 OPENING OUT; 2x;

- 1-2 {Openg out 2x} Repeat measure 3-4 of Intro;;

PART A

1-4 SPOT TURN; LUNGE BREAK; LEFT PASS; FORWARD BREAK;

5-12 FENCE LINE; 2X TO CP; TURNING BASIC;; BASIC;; HIP LIFT; NEW YORKER;

13-16 PREPARE AIDA; AIDA LINE & ROCK 2; FACE AND HIP ROCKS; 2X;

PART B (1-12)

1-4 START TURNING BASIC; HALF MOON join R HANDS;; START HALF MOON STACK HANDS;

5-8 CROSS HAND UNDERARM TURN; BREAK BACK DOUBLE HEADLOOP; SWITCH & WALK REVERSE; SWITCH AND WALK TO FACE;

9-12 UNDERARM TURN; HORSESHOE TURN;; FORWARD BREAK;

ENDING

1-3 RIGHT PASS OVERTURNED to LOP/RLOD; EXPLODE APART & SLOW ARM SWEEP; HOLD RECOVER TO FACE;

- 1 {R pass ovrtrnd to LOP/RLOD} Repeat measure 13 part B but overtrn last stp to fc RLOD;
- 2 {Explode apt & slo arm sweep} Stp apt sd R and sweep R arm in front of body and up and out, -, -, -;
- 3 {Hold ~ rec to fc} Hold, -, rec L trng to fc ptr, -;

4-9 OPEN BREAK TO BANJO; RUNAROUND 10 TO CP/WALL;;; SLOW SIDE CORTE ~ CHANGE TO RIGHT SIDE STRETCH ~ SLOW RIGHT LUNGE AND HOLD;;

- 4 {Op brk to BJO} Sd R, -, apt L, fwd R to BJO (Sd L, -, apt R, fwd L);
- *5~7 {Runaround 10 to CP} Comm RF wheel 2 rotations fwd L/R, L/R, L/R, L/R, L/R (Fwd R/L, R/L, R/L, R/L, R/L,) blendg to CP/WALL;;;
- **8~9 {Slo sd corte & chg to R sd stretch ~ Slo R lunge & hold} Slow sd L w/L sd stretch ~ gradually change to R sd stretch ~ (Sd R head to L ~ gradually change to L sd stretch and turn head to R, -); Slo sd & fwd R into R lunge line and gradually change to L sd stretch, -, -, - (Sd & bk L into R lunge line and gradually turn head to L, -, -, -);

*The beat becomes very nebulous at the end.

**There is a musical strum that interrupts the trumpet for the Slow side corte. We like to dance the Corte to the Right side stretch into the Right lunge with no pause, making the movements slow and continuous.

No Valió La Pena – head cues

INTRO

Fcg Partner & WALL; Raise arms to BFLY; Opening Out; 2x;

PART A

Spot turn; Lunge break; Left pass; Forward break; Fence line; 2x to CP; Turning basic;; Basic;; Hip lift; New Yorker; Prepare Aida; Aida line & Rock 2; Face and Hip Rocks; 2x;

PART B

Start turning basic; Half moon join R hnds;; Start half moon stack hands; X hand underarm turn; Break back double headloop; Switch & walk reverse; Switch and wk to face; Underarm turn; Horseshoe turn;; Forward break; Right pass; Lunge break; Crab walks;;

BRIDGE

Opening Out; 2x;

PART A

Spot turn; Lunge break; Left pass; Forward break; Fence line; 2x to CP; Turning basic;; Basic;; Hip lift; New Yorker; Prepare Aida; Aida line & Rock 2; Face and Hip Rocks; 2x;

PART B 1-12

Start turning basic; Half moon join R hnds;; Start half moon stack hands; X hand underarm turn; Break back double headloop; Switch & walk reverse; Switch and wk to face; Underarm turn; Horseshoe turn;; Forward break;

ENDING

Right pass to LOP/RL0D; Explode apart & slow arm sweep; Hold recover to fc; Open break to BJO; Runaround 10 to CP/WALL;;; Slow side corte ~ change to R sd stretch; Slow Right lunge and hold;