



Àngels: (+34) 666771697
ae@linedancepro.com
www.linedancepro.com



VALIO LA PENA

Choreographed by Àngels Guix 'Chalky'. October 2004. Barcelona. Spain.

Description: 32 Count, 4 wall, Line Dance **Rhythm:** Salsa
Level: Intermediate
Music: 'Valio la Pena' by Marc Anthony (SALSA VERSIÓN)
'Valio la Pena' (Original Version)
Any Salsa music

- 1-8 SALSA STEP FORWARD with ½ TURN x2, ¾ PADDLE TURN, CROSS & TOGETHER**
- 1 Rock right foot forward
 - & Recover over left foot and ½ turn to the right (Pivoting over left foot)
 - 2 Step right foot forward
 - 3 Rock left foot forward
 - & Recover over right foot and ½ turn to the left (Pivoting over right foot)
 - 4 Step left foot forward
 - 5 Step right foot forward
 - & ½ turn to left pivoting over left foot
 - 6 Step right foot forward
 - & ¼ turn to left pivoting over left foot
 - 7 Cross right foot over left
 - & Step left foot to the left
 - 8 Right foot together left and behind it (weight must be over the ball of both feet, as in releve)
- 9-16 CROSS TRAVELLING STEPS, SALSA STEP FORWARD & BACK x2**
- 1 Cross left foot over right
 - & Step right foot slightly to the right
 - 2 Cross left foot over right
 - & Step right foot slightly to the right
 - 3 Cross left foot over right
 - & Step right foot slightly to the right
 - 4 Cross left foot over right
 - 5 Rock right foot forward
 - & Recover over left foot
 - 6 Rock right foot backward
 - & Recover over left foot
 - 7 Rock right foot forward
 - & Recover over left foot
 - 8 Rock right foot backward
 - & Recover over left foot
- 17-24 YOGHURT STEP, & OUT & IN x2, BALL STEP**
- 1 Jump forward with feet apart on shoulder width and bended knees, meanwhile start a body roll from hips to shoulders
 - 2 End the body roll from hips to shoulder
 - &3 Step feet apart: Right, left
 - &4 Step feet together: Right, left
 - &5 Step feet apart: Right, left
 - &6 Step feet together: Right, left
 - &7 Step feet apart: Right, left
 - &8 Step with ball of right foot back, Step left foot forward

From &19 to &23: In this OUT-OUT IN-IN steps, add a slight hip movement to sides. So do not step feet too far apart and let hips move freely.

25-32 WALKAROUND ½ TURN, TWIST FULL TURN with RONDÉ, SAILOR STEP

- 1 Step right foot forward
- 2 ¼ turn to left and step left foot forward
- 3 Step right foot forward
- 4 ¼ turn to left and step left foot forward
- 5 Cross right foot over left
- 6 Unwind Full turn to the left (Weigh ends over right foot)
- & Sweep left foot from forward to backward
- 7 Step left foot behind right
- & Step right foot slightly to the right
- 8 Step left foot to the left

Start again