

If You're Going Through Hell

32 count, 4 wall, beginner/intermediate level
Choreographer: Holly Ruschman (USA) July 2006
Choreographed to: If You're Going Through Hell by
Rodney Atkins

Begin on vocals

Shuffle Back, Shuffle Back, Rock Step, ½ Turning Shuffle

- 1 & 2 Shuffle Back, Right, Left, Right Going back, body facing diagonally right,
- 3 & 4 Shuffle back, Left, Right, Left, Going Back, body facing diagonally left
- 5-6 Rock back on right, forward on left
- 7 & 8 Shuffle, Right, Left, Right while turning ½ left

Back. Lock, Back, Touch, Side Together, Side Together

- 1-2 Step back on left, lock right toe in front of left
- 3-4 Step back on left, step right toe next to left, clap
- 5-6 Step right to right side, touch left toe next to right, clap
- 7-8 Step left to left side, touch right toe next to left, clap

Step, Hold, Step Step, Hold, Turn, Turn, Triple Step

- 1-2 Step right foot out to right side, hold
- &3-4 Quickly step left next to right, step right to right, hold, clap
- 5-6 Turn ¼ left on left foot, step back on right for ½ turn left
- 7&8 ¼ left triple step, left, right, left, completing a full turn

Heel, Stomp, Toe, Stomp, Kick, Cross, Heels up, Heels Down

- 1-2 Right heel forward, Stomp next to Left
 - 3-4 Point Right Toe back, Stomp next to Left
 - 5-6 Kick right foot forward, cross right toe over left shin
 - 7-8 Bring both heels up and do ¼ turn to left, bring heels down, clap
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