

2 Hell And Back

32 count, 2 wall, beginner level

Choreographer: Rob Fowler & Kate Sala (UK)

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Choreographed to: If You're Going Through Hell by
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RIGHT SIDE ROCK, CROSS SHUFFLE, SIDE ¼ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock right to right side, recover weight onto left
3&4 Step right across left, step left to side, step right across left
5-6 Step left to left side, make a ¼ turn right stepping right to right side
7&8 Step left across right, step right to side, step left across right

RIGHT SIDE ROCK, CROSS SHUFFLE, SIDE ¼ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock right to right side, recover weight onto left
3&4 Step right across left, step left to side, step right across left
5-6 Step left to left side, make a ¼ turn right stepping right to right side
7&8 Step left across right, step right to side, step left across right

TOUCH RIGHT SIDE, TOUCH LEFT HEEL FORWARD, RIGHT KICK AND COASTER, STEP FORWARD, TOUCH STEP BACK

- 1&2 Touch right to right side, step right foot next to left, touch left heel forward
&3-4 Bring left foot back next to right, kick right foot forward
5&4 Step back on right, step left next to right, step forward on right
7&8 Step forward on left, touch right toe next to left, step back on right

LEFT SHUFFLE BACK, RIGHT COASTER STEP, WALK CLAP WALK CLAP, LEFT SIDE ROCK CROSS

- 1&2 Step back left, step right next to left, step back on left
3&4 Step back on right, step left next to right, step forward on right
5&6& Step forward left, clap, step forward right clap
7&8 Rock left to left side, recover, cross left over right
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