



## Hell And Back

32 Count 4 Wall Improver Level Dance.

Choreographed by: Marianne Van Der Toorn Vrijthoff (NL) Jul 2025

Choreographed to: Hell and Back by Jennifer Nettles & Kevin Bacon

Intro: 16 Counts. Start at approx 10 secs.

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**Remember to Vote** for your favourite dances in the Linedancer Charts.

**SEC 1 SIDE, TOUCH, SIDE, TOUCH, SIDE-TOGETHER-FWD, SIDE, TOUCH, SIDE, TOUCH, SIDE-TOGETHER-FWD**

1&2& RF step to R-side, LF tap toe next to RF and clap, LF step to L-side, RF tap toe next to LF and clap

3&4 RF step to R-side, LF step together - RF step fwd

5&6& LF step to L-side, RF tap toe next to LF and clap, RF step to R-side, LF tap toe next to RF and clap

7&8 LF step to L-side, RF step together, LF step fwd (12:00)

**SEC 2 MAMBO ½, SHUFFLE ½, COASTER STEP, SHUFFLE FWD**

1&2 RF rock fwd, LF recover, RF ½ turn R (6:00)

3&4 LF ¼ turn R, step to L-side - RF next to RF, LF ¼ turn R, step back (12:00)

**Restart** Here on Wall 7

5&6 RF step back, LF step together, RF step fwd

7&8 LF step fwd, RF step together, LF step fwd

**SEC 3 SIDE ROCK, CROSS, SIDE ROCK, CROSS, ROCK FWD, RECOVER, ¼ Side, CROSS SHUFFLE**

1&2 RF rock to R-side, LF recover, RF cross over LF

3&4 LF rock to L-side, RF recover, LF cross over RF

**Restart** Here on Walls 2 and 4

5&6 RF rock fwd, LF recover, RF ¼ turn R (3:00)

7&8 LF cross over RF, RF step to R-side, LF cross over RF

**SEC 4 STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, HEEL, HOOK, HEEL, TOUCH, SWIVEL**

1&2& RF step diag R-fwd, LF tap toe next to RF, LF step diag L-fwd, RF tap toe next to LF

3&4& RF step diag R-fwd, LF tap toe next to RF, LF step diag L-fwd, RF tap toe next to LF

5&6& RF heel fwd - RF hook for L-knee, RF heel fwd, RF step next to LF

7&8& L&R, swivel both heels to R, L&R, swivel both heels to L, L&R, swivel both heels to R, L&R, swivel both heels to L

