

2 HELL AND BACK

Count: 32 **Wall:** 4 **Level:** Beginner level

Choreographer: Rob Fowler & Kate Sala [April 06]

Music: If You're Going Through Hell by Rodney Atkins

Start: On vocals

1-8	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
	9-16
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	
17-24	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	Right coaster
7 & 8	Step forward on left, touch right toe next to left, step back on right
	25-32
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.	
START OVER	