

2 HELL AND BACK

Choreograph: Kate Sala & Rob Fowler

Tanztyp: 2 Wall Line Dance

Level: Anfänger

Motion: Lilt

Counts: 32

Music: If you're going through hell von Rodney Atkins

R SIDE ROCK, CROSS SHUFFLE, SIDE 1/4 TURN R, CROSS SHUFFLE

1 RF Rock to the right side

2 LF Recover

3&4 RF Step across LF, LF Step to the left, RF Step across LF

5 LF Step to the left

6 ¼ Turn R as RF Step to the right side (face 3:00)

7&8 LF Step across RF, RF Step to the right, LF Step across RF

R SIDE ROCK, CROSS SHUFFLE, SIDE 1/4 TURN R, CROSS SHUFFLE

1 RF Rock to the right side

2 LF Recover

3&4 RF Step across LF, LF Step to the left, RF Step across LF

5 LF Step to the left

6 ¼ Turn R as RF Step to the right side (face 3:00)

7&8 LF Step across RF, RF Step to the right, LF Step across RF

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

1&2 RF Touch to the right, RF Step next to LF, LF Touch heel forward

&3 LF Step next to RF, RF Kick forward,

4&5 RF Step back, LF Step next to RF, RF Step forward

6 LF Step forward

7 RF Touch next to LF

8 RF Step back

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

1&2 LF Step back, RF Step next to LF, LF Step back

3&4 RF Step back, LF Step next to RF, RF Step forward

5& LF Step forward, Clap

6& RF Step forward, Clap

7&8 LF Rock to the left, RF Recover, LF Cross over RF

Start Again