2 Hell And Back

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Rob Fowler (ES) & Kate Sala (UK) - April 2006
Music: If You're Going Through Hell (Before the Devil Even Knows) - 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&6	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