

2 Hell And Back

Choreographed by Rob Fowler & Kate Sala

Description: 32 count, 2 wall, beginner line dance

Musikken: **If You're Going Through Hell** by Rodney Atkins [116 bpm / CD: If You're Going Through Hell

Start dancing on lyrics

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 Bring left foot back next to right, kick right foot forward
- 4&5 Right coaster
- 6-7-8 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

REPEAT