

2 HELL AND BACK

Choreographed by Rob Fowler & Kate Sala

Description : 32counts, 2 wall line dance, Lilt

Level : Newcomer

Music: 'If You're Going Through Hell' by Rodney Atkins (117 BPM)

Official UCWDC competition dance description

Date of Change 1 March 2007

1-8: RIGHT SIDE ROCK, CROSS SHUFFLE, SIDE 1/4 TURN RIGHT, CROSS SHUFFLE

1	RF	Rock to the right
2	LF	Recover
3	RF	Step across LF
&	LF	Step to the left
4	RF	Step across LF
5	LF	Step to the left, 1/4 turn right
6	RF	Step to the right (face 3:00)
7	LF	Step across RF
&	RF	Step to the right
8	LF	Step across RF

9-16: RIGHT SIDE ROCK, CROSS SHUFFLE, SIDE 1/4 TURN RIGHT, CROSS SHUFFLE

1	RF	Rock to the right
2	LF	Recover
3	RF	Step across LF
&	LF	Step to the left
4	RF	Step across LF
5	LF	Step to the left, 1/4 turn right
6	RF	Step to the right (face 6:00)
7	LF	Step across RF
&	RF	Step to the right
8	LF	Step across RF

17-24: TOUCH RIGHT SIDE, TOUCH LEFT HEEL FORWARD, RIGHT KICK AND COASTER STEP, FORWARD, TOUCH, STEP BACK

1	RF	Touch to the right
&	RF	Step next to LF
2	LF	Touch heel forward
&	LF	Step next to RF
3	RF	Kick forward
4	RF	Step back
&	LF	Step next to RF
5	RF	Step forward
6	LF	Step forward
7	RF	Touch next to LF
8	RF	Step back

25-32: LEFT SHUFFLE BACK, RIGHT COASTER STEP, WALK CLAP WALK CLAP, LEFT SIDE ROCK CROSS

1	LF	Step back
&	RF	Step next to LF
2	LF	Step back
3	RF	Step back
&	LF	Step next to RF
4	RF	Step forward
5	LF	Step forward
&		Clap
6	RF	Step forward
&		Clap
7	LF	Rock to the left
&	RF	Recover
8	LF	Cross over RF