

## 2 Hell And Back

Choreographed by [Rob Fowler & Kate Sala](#)

Description: 32 count, 2 wall, beginner line dance

Music: **If You're Going Through Hell** by Rodney Atkins [116 bpm / CD: If You're Going Through Hell / Available on iTunes 

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**