

# Hell & Heaven

**COPPERKNOB**  
STEPSHEETS

Count: 36

Wall: 4

Level: Beginner

Choreographer: Danilo Carta (IT) - October 2021

Music: Hell Bent and Heaven Bound - Buddy Jewell



## SECTION 1: SWIVEL RIGHT FOOT TO RIGHT, STOMP, SWIVEL LEFT FOOT TO LEFT, STOMP

1-2-3 swivel R foot to right (toe, heel)  
& 4 stomp L beside R  
5-6-7 swivel L foot to left (toe, heel)  
& 8 stomp R beside L

## SECTION 2: ROCKIN CHAIR RIGHT, HEEL RIGHT/LEFT OUT FWD, IN RIGHT, HOOK LEFT

1-2 rock fwd on R, return on L  
3-4 rock back on R, return on L  
5-6 hell R fwd out, heel L fwd out  
7-8 return in R, hook L

## SECTION 3: ROCK STEP LEFT, TURN ½ TO LEFT, SCUFF RIGHT, WAVE RIGHT

1-2 rock fwd on L, return on R  
3-4 turn ½ to left and step L fwd, scuff R beside L  
5-6 step side R to right, cross L behind R  
7-8 step side R to right, cross L in front of R

## SECTION 4: JAZZBOX RIGHT (JUMPING), SCUFF LEFT, STEP LEFT FWD, TURN ½ TO RIGHT, TURN ¼ TO RIGHT, STOMP, HOLD

1-2 cross R in front of L (jumped), step side L to the left (jumped)  
3-4 step side R to right (jumped), scuff L beside R  
5-6 step L fwd, turn ½ to right  
7-8 turn ¼ to right, stomp L beside R, hold

## SECTION 5: HEEL SWITCHES RIGHT, HEEL LEFT FWD, JUMP FWD (TWICE)

1&2 heel R fwd, step R beside L, heel L fwd  
3-4 jump R/L fwd x 2

\*\*\*RESTARTS = 3

RESTART 1: on 5th wall after 32 counts

RESTART 2: on 10th wall after 32 counts

RESTART 3: on 14th wall after 20 counts