

# 2 Hell And Back

**COPPER** KNOB  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Rob Fowler (ES) & Kate Sala (UK) - April 2006

**Musique:** 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**

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