

# If You're Going Through Hell

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Holly Ruschman (USA)  
音乐: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



## SHUFFLE BACK, SHUFFLE BACK, ROCK STEP, ½ TURNING SHUFFLE

1&2- Shuffle back, right, left, right going back, body facing diagonally right  
3&4- Shuffle back, left, right, left, going back, body facing diagonally left  
5-6 Rock back on right, forward on left  
7&8 Shuffle, right, left, right while turning ½ left

## BACK, LOCK, BACK, TOUCH, SIDE TOGETHER, SIDE TOGETHER

1-2 Step back on left, lock right toe in front of left  
3-4 Step back on left, step right toe next to left, clap  
5-6 Step right to right side, touch left toe next to right, clap  
7-8 Step left to left side, touch right toe next to left, clap

## STEP, HOLD, STEP, STEP, HOLD, TURN, TURN, TRIPLE STEP

1-2 Step right foot out to right side, hold  
&3-4 Quickly step left next to right, step right to right, hold, clap  
5-6 Turn ¼ left on left foot, step back on right for ½ turn left  
7&8 ¼ left triple step, left, right, left, completing a full turn

## HEEL, STOMP, TOE, STOMP, KICK, CROSS, HEELS UP, HEELS DOWN

1-2 Right heel forward, stomp next to left  
3-4 Point right toe back, stomp next to left  
5-6 Kick right foot forward, cross right toe over left shin  
7-8 Bring both heels up and do ¼ turn to left, bring heels down, clap

**REPEAT**

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