

Going Through Hell (P)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Partner
编舞者: Al Ord (UK) & Sandy Ord (UK)
音乐: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



Position: Man Facing OLOD, Lady ILOD, double handhold. Opposite footwork. Man's listed

SIDE ROCK, RECOVER, CROSS SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross step right over left, step left to left side, cross step right over left

TRAVELING DOWN LOD - ROLLING 2 STEP ¼ TURN, FORWARD SHUFFLE

Release hands on turns rejoin side by side facing LOD holding inside hands

5-6 Step left to left side making ¼ turn right, make a further ½ right stepping onto right
7&8 Step left forward, step right beside left, step left forward

WALK, WALK, FORWARD SHUFFLE

9-10 Step right forward, step left forward
11&12 Step right forward, step left beside right, step right forward

FULL FORWARD 4 STEP TURN

Release hands on turn rejoin side by side facing LOD holding inside hands

13-16 Step left forward making ¼ turn left, step back onto right making ¼ turn left, step left to left side making ¼ turn left, step right forward making ¼ turn left

HEEL SWITCH, HEEL SWITCH, FORWARD SHUFFLE

17&18& Touch left heel forward & step left beside right, touch right heel forward & step right beside left
19&20 Step left forward, step right beside left, step left forward

HEEL SWITCH, HEEL SWITCH, FORWARD SHUFFLE

21&22& Touch right heel forward & step right beside left, touch left heel forward & step left beside right
23&24 Step right forward, step left beside right, step right forward

ROCK RECOVER, SHUFFLE ½ TURN

Release hands on shuffle turn rejoin side by side facing RLOD holding inside hands

25-26 Rock forward onto left, recover back onto right
27&28 Step back left making ¼ turn left, step right beside left, step onto left making a further ¼ turn left

ROCK ¼, RECOVER, CROSS ROCK, RECOVER

On ¼ rock rejoin trailing hands, finish facing double handhold ready to restart

29-32 Rock onto right making ¼ turn left, recover onto left, cross rock right over left, recover onto left

REPEAT