

# 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



Begin on vocals

## 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**